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Mango Banana Smoothie ♦

A refreshing and nutritious smoothie made with ripe mangoes and bananas. Perfect for breakfast or as a healthy snack.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

200 g	Mango
150 g	Banana
200 ml	milk
2 tsp	honey
100 g	ice cubes

Directions

Step 1

Cut

Peel and chop the mango and banana into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

In a blender, add the chopped mango, banana, milk, honey, and ice cubes.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blending

Blend until smooth and creamy.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Serving

Pour into glasses and serve chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 0 g

Protein: 2 g

Carbohydrates: 37 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	37 g	67.27%	74%
Fibers	3 g	7.89%	12%
Sugars	30 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	10 mg	1%	1%
Iron	2 mg	25%	11.11%
Potassium	350 mg	10.29%	13.46%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Meal Type

Breakfast

Snack

Supper

Difficulty Level

Easy

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