



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Creamy Mango Smoothie ♦♦

A refreshing and creamy smoothie made with ripe mangoes.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** N/A

**Total Time:** 5 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

<b>400 g</b>	ripe mangoes
<b>200 g</b>	greek yogurt
<b>2 tsp</b>	Honey
<b>1 c</b>	ice cubes

### Directions

## Step 1

Cut

Peel and chop the mangoes.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

## Step 2

Blender

Add the chopped mangoes, Greek yogurt, honey, and ice cubes to a blender.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

## Step 3

Blender

Blend until smooth and creamy.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

---

**Calories:** 180 kcal

**Fat: 1 g**

**Protein: 8 g**

**Carbohydrates: 40 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	4 g	10.53%	16%
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	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4000 iu	444.44%	571.43%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	40 mg	1.74%	1.74%
Calcium	100 mg	10%	10%
Iron	1 mg	12.5%	5.56%
Potassium	450 mg	13.24%	17.31%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	1 mcg	1.82%	1.82%

## Recipe Attributes

### Seasonality

Summer

### Cuisines

French

### Course

Drinks

Salads

Sauces & Dressings

### Cultural

Chinese New Year

Hanukkah

Passover

### Cost

Under \$10

### Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

### Diet

Mediterranean Diet

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Atkins Diet

Low Carb, High Fat (LCHF) Diet

Vegetarian Diet

### Meal Type

Snack

Supper

## Difficulty Level

Easy

Visit our website: [healthdor.com](https://healthdor.com)