

# Mango Frozen Yogurt

Yield: 4 min  
Total Time: 95 min

Recipe from: <https://www.recipeschoose.com/recipes/mango-frozen-yogurt-recipe-indian>

## Ingredients:

- 1/2 cup plain greek yogurt
- 1/2 cup greek yogurt Plain 0%
- 1/4 cup honey
- 1 teaspoon lemon juice
- 1 pinch salt
- 2 mangoes Peeled and chopped

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 10 milligrams
4. Fat: 2 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 1 grams
8. Sodium: 105 milligrams
9. Sugar: 36 grams

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