

Mango Shake

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/mango-shake-recipe-indi>

Ingredients:

- 1/2 cup cold water
- 1/2 cup sugar
- 2 mangoes large Philippine, slightly yellow and firm
- 1/2 cup evaporated milk
- 3 cups ice

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 10 milligrams
4. Fat: 2.5 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 45 milligrams
9. Sugar: 41 grams

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