

# Mango Lassi - Indian mango smoothie

Yield: 2 min  
Total Time: 10 min

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

## Ingredients:

- 1 mango Ripe
- 3/4 cup cold milk
- 3 tablespoons plain yogurt Cold
- 3 tablespoons honey
- 1 pinch salt
- 1 handful crushed ice
- 1 sprig fresh mint

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 10 milligrams
4. Fat: 3 grams
5. Fiber: 2 grams
6. Protein: 6 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 230 milligrams
9. Sugar: 48 grams

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