



# Mango Smoothie

4 Servings • 1 Serving = ¾ Cup

## INGREDIENTS

- 1 (12 ounce) package of frozen mango (no sugar added)
- 1 cup low-fat vanilla frozen yogurt
- 1 ¾ cup 1% milk

## DIRECTIONS

1. Add the frozen fruit, frozen yogurt, and milk to the blender.
2. Blend until mixture is smooth.

## Nutrition Facts

4 servings per container

**Serving size** ¾ cup

Amount per serving

**Calories** 130

% Daily Value\*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 55mg 2%

Total Carbohydrate 28g 10%

Dietary Fiber 1g 4%

Total Sugars 24g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 107mg 8%

Iron 0mg 0%

Potassium 114mg 2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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