

MANGO LASSI

NUTRITION INFORMATION

Serving Size 10 fl oz

NUTRIENTS AMOUNT

Calories 222

Total Fat 6 g

Saturated Fat 4 g

Cholesterol 23 mg

Sodium 82 mg

Total Carbohydrate 36 g

Dietary Fiber 0.9 g

Total Sugars 3 g

Added Sugars 6 g

Protein 6 g

Vitamin D 0.9 mcg

Calcium 200 mg

Iron 0.4 mg

Potassium 478 mg

N/A=data not available.

ALLERGENS: Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

***MARKETING GUIDE**

Food as Purchased for	16 Servings	64 Servings

NOTES

*See Marketing Guide for AP (As Purchased) weights when EP (Edible Portion) weights are provided in the recipe.

Serve with a 1 oz eq WGR grain for a Grab & Go K-5 meal.

YIELD/VOLUME

16 Servings	64 Servings
1.25 gal	5 gal

