



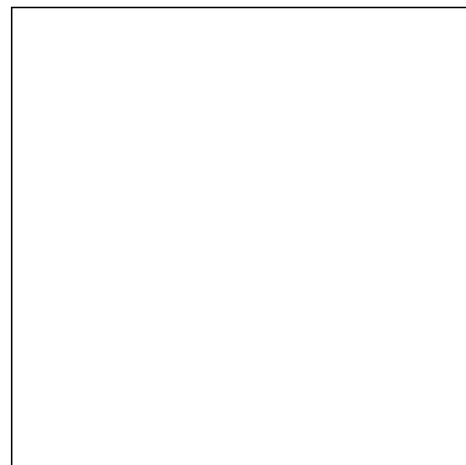
Recipe Name: Aamras Recipe - Ripe Mango Ras

Diet Type:

Course: Side Dish

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 3 cups Mango (Ripe) - cut into pieces	4
• 1/4 cup Water	
• Sugar - optional	

Preparation

- Peel the mango, transfer all the pulp into a mixer-jar, discarding the seed.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
170	1.5	44	0.5	2	38