DietCloud – Recipe

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 • 1/4 cup Water • Sugar - optional	4

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