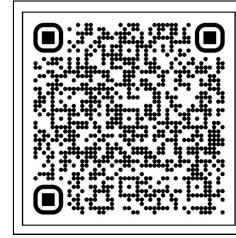




Cornell University  
Cooperative Extension  
New York City



## Guineos o Bananos Crujientes

### Ingredientes:

- 2 guineos o bananos medianos maduros cortados en ruedas de ½ pulgada
- ½ taza de jugo de naranja
- ½ taza cereal “Grape Nuts” o otro cereal sin azúcar

### Instrucciones:

1. Remoje los pedacitos de guineo/banano en el jugo de naranja.
2. Revuélvalos en el cereal.
3. Coloque un palillo de dientes en cada pedacito.

Rinde: 4 porciones, ½ banana cada una

## Nutrition Facts

servings per container  
**Serving size 1/2 banana (103g)**

Amount per serving  
**Calories 120**

% Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 4mg	20%
Potassium 325mg	6%

\*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.

**Fuente:** Cornell University Cooperative Extension in New York City



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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