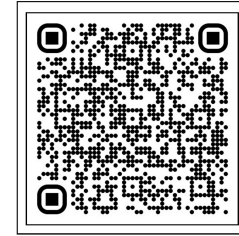




Cornell University  
Cooperative Extension  
New York City



## Batido de Banana y Naranja

### Ingredientes:

- 1 banana congelada
- ½ taza yogur natural o "plain", bajo en grasa
- ½ taza jugo de naranja

### Instrucciones:

1. Coloque todos los ingredientes en la licuadora y mezcle bien.
2. Agregue más jugo si quiere una bebida menos espesa.

Rinde: 2 porciones, ¾ taza cada una

## Nutrition Facts

servings per container  
**Serving size** 3/4 cup (184g)

Amount per serving  
**Calories** **120**

	% Daily Value*
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 18g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 109mg	8%
Iron 0mg	0%
Potassium 355mg	8%

\*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:** University of Nebraska, Recipe Collection, p.5 Staff from the University of Nebraska-Lincoln Cooperative Extension



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

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