



Ensalada Rápida de Fruta

Ingredientes:

- 2 Manzanas
- 2 bananos
- 2 Naranjas
- 1 trozos pequeños de pina enlatada

Instrucciones:

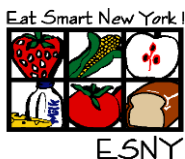
1. Lave la manzana, remueva el corazón y córtelas en trozos.
2. Pele y corte los bananos
3. Pele y corte la naranjas en trozos
4. Mezcle todas las frutas en un tazón grande

Variaciones:

Pruebe diferentes combinaciones de frutas frescas o enlatadas. Omita la piña y mezcle las frutas se mezclan con ½ taza de el concentrado de limón congelado

Rinde: 6-8 porciones

Source: Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999.



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

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Nutrition Facts	
Serving Size: 1/8 of recipe (4.6 ounces)	
Servings Per Recipe: 8	
Amount Per Serving	
Calories	80
Calories from Fat	0
% Daily Value *	
Total Fat	0g 0%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	0mg 0%
Total Carbohydrate	20g 7%
Dietary Fiber	3g 12%
Sugars	15g
Protein	1g
Vitamin A	2%
Vitamin C	40%
Calcium	2%
Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
0% calories from fat	

