



Raspado de Banana y Naranja

Ingredientes:

- 1 banana congelada
- ½ taza yogurt bajo en grasa, sabor natural
- ½ taza jugo de naranja

Instrucciones:

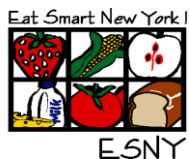
1. Coloque todos los ingredientes en la licuadora y mezcle bien.
2. Agregue más jugo si quiere una bebida menos espesa.

Rinde: 2 porciones

Nutrition Facts			
Serving Size: ½ cup (179g)			
Servings Per Recipe: 2			
Amount Per Serving			
Calories	120	Calories from Fat	10
% Daily Value *			
Total Fat	1g		2%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	45mg		2%
Total Carbohydrate	25g		8%
Dietary Fiber	2g		8%
Sugars	19g		
Protein	4g		
Vitamin A	2%	Vitamin C	10%
Calcium	10%	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
8% calories from fat			

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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