



Ensalada Rápida de Fruta

Ingredientes:

- 2 manzanas
- 2 bananos
- 2 naranjas
- 1 trozos pequeños de piña 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. Abra la lata de piña.
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, ½ taza cada una

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

Nutrition Facts

servings per container
Serving size 1/2 cup (164g)

Amount per serving
Calories **100**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 25g 9%

Dietary Fiber 4g 14%

Total Sugars 18g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 23mg 2%

Iron 0mg 0%

Potassium 299mg 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.



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

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