

Eat Smart • Move More

Licuada Verde

Tiempo de Preparación: 5 minutos

Tiempo Total: 10 minutos



Ingredientes

- 2 tazas de espinaca fresca
- ¾ taza de hielo
- 1 taza de jugo de naranja
- 2 bananas
- 1 taza de moras azules congeladas
- 1 taza de fresas congeladas

Nutrition Facts

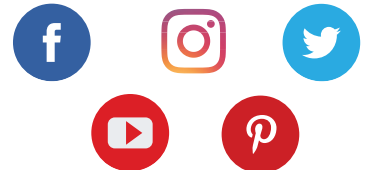
2 servings per container		
Serving size		1 serving
		(512.62g)
Amount per serving		
Calories		230
% Daily Value*		
Total Fat	1.5g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	30mg	1%
Total Carbohydrate	57g	21%
Dietary Fiber	8g	29%
Total Sugars	35g	
Includes g of Added Sugars		
Protein	4g	
Vitamin D	0mcg	0%
Calcium	70mg	6%
Iron	2mg	10%
Potassium	991mg	20%

*The % Daily Value (DV) 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.

Consejos Rápidos

- ▶ La espinaca es una buena fuente de vitamina K, vitamina B6, fibra, hierro, antioxidantes y otros nutrientes vitales.
- ▶ Si no tiene jugo de naranja disponible, puede usar jugo de manzana o leche como reemplazo.

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Preparación

- Colocar la espinaca, el hielo y el jugo de naranja, en este orden, en la licuadora y mezclar durante 30 segundos o hasta que se mezclen.
- Agregar las bananas y licuar hasta que esté suave.
- Agregar las fresas y moras azules poco a poco, licuando bien luego de cada adición.

(Recipe adapted from: <https://www.simplegreensmoothies.com>.)

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