

Eat Smart • Move More

Helado de Naranja y Banana

Tiempo de Preparación: 5 minutos

Tiempo Total: 2 horas 5 minutos



Ingredientes

- 1 banana, en rodajas y congelada
- ½ taza de yogurt, reducido en grasa
- ½ taza de jugo de naranja

Nutrition Facts

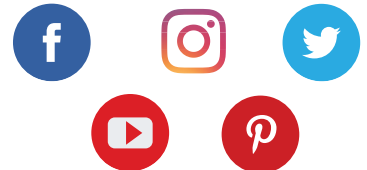
2 servings per container		
Serving size		1 serving
		(182.25g)
Amount per serving		120
Calories		
		<small>% Daily Value*</small>
Total Fat	1.5g	2%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	<5mg	2%
Sodium	45mg	2%
Total Carbohydrate	24g	9%
Dietary Fiber	2g	7%
Total Sugars	17g	
Includes g of Added Sugars		
Protein	4g	
Vitamin D	0mcg	0%
Calcium	122mg	10%
Iron	0mg	0%
Potassium	479mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Consejos Rápidos

- ▶ Las bananas son ricas en potasio y vitamina C.
- ▶ Una naranja tiene aproximadamente 93% de su valor diario de vitamina C.
- ▶ Florida es el segundo mayor productor mundial de jugo de naranja.

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This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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Preparación

- Una vez que las rodajas de banana se encuentran congeladas, colocarlas junto con el yogurt y el jugo en una licuadora.
- Mezclar bien y servir frío.

(Receta de University of Nebraska's Recipe Collection, como figura en <https://www.whatscooking.fns.usda.gov>)

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