



Cornell University
 Cooperative Extension
 New York City

Guineos (Bananos) Crujientes

Ingredientes:

- 2 guineos (bananos) medianos maduros cortados en ruedas de ½ pulgada
- ½ taza de jugo de china (naranja)
- ½ taza cereal “Grape Nuts” o otro cereal sin azúcar

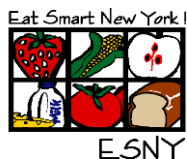
Instrucciones:

1. Remoje los pedacitos de guineo/banano en el jugo de naranja.
2. Revuélvalos en el cereal.
3. Colóque un palillo de dientes en cada pedacito.

Rinde: 4 porciones

Nutrition Facts			
Serving Size: ½ banana			
Servings Per Recipe: 4			
Amount Per Serving			
Calories	79	Calories from Fat	2
% Daily Value *			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	27mg		1%
Total Carbohydrate	20g		7%
Dietary Fiber	2g		7%
Sugars	11g		
Protein	1g		
Vitamin A	3%	Vitamin C	30%
Calcium	1%	Iron	7%
* 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
3% calories from fat			
Analysis based on ready to eat, flaked, unsweetened cereal. Analysis may vary according to cereal used.			

Fuente: Cornell University Cooperative Extension in New York City



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

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