

Batido de Naranja

Ingredientes:

- ¾ taza de jugo de zanahoria fresco
- 1 ¾ taza de papaya madura, sin semillas y en rodajas
- 2 naranjas, peladas y sin semillas
- 2 cucharadas de levadura



Nutrition Facts	
Serving Size 12 ounces (340g)	
Servings Per Container 2	
Amount Per Serving	
Calories 160	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 34g	11%
Dietary Fiber 5g	20%
Sugars 19g	
Protein 6g	
Vitamin A 340% • Vitamin C 230%	
Calcium 10% • Iron 8%	
*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: 2,000 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



*VEGAN



*GLUTEN-FREE



*SOY FREE

Direcciones:

1. Licue todos los ingredientes en la licuadora hasta que quede suave; unos 2 minutos.