

## Batido de Plátano con Mantequilla de Maní

### Ingredientes:

- 1 taza de leche de soja, natural
- 1 plátano mediano, cortado en cuartos
- 1 cucharada. mantequilla de maní, cremosa
- 3 cubitos de hielo



### Nutrition Facts

Serving Size 1 cup or 8 oz (227g)  
Servings Per Container 2

Amount Per Serving

**Calories 150**      **Calories from Fat 60**

% Daily Value\*

**Total Fat 6g**      **9%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 100mg**      **4%**

**Total Carbohydrate 20g**      **7%**

Dietary Fiber 3g      **12%**

Sugars 11g

**Protein 6g**

Vitamin A 6%      •      Vitamin C 8%

Calcium 15%      •      Iron 4%

\*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



### Direcciones:

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