

Bebida de Zanahoria

Ingredientes:

- 3 zanahorias medianas
- ¼ de pulgada de jengibre fresco
- 1 manzana McIntosh, cortada en cuartos



| Nutrition Facts | |
|--|------------------------------|
| Serving Size 8 oz (227g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 110 | 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 26g | 9% |
| Dietary Fiber 6g | 24% |
| Sugars 16g | |
| Protein 1g | |
| Vitamin A 410% • Vitamin C 20% | |
| Calcium 4% • Iron 2% | |
| *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. Exprima las zanahorias, el jengibre y la manzana. Vierta en un vaso y servir.