



Brocheta de Frutas con Aderezo de Yogurt

Ingredientes:

- 1 taza de trozos de sandía
- 1 taza de trozos de piña
- 1 taza de uvas rojas sin semillas
- 1 taza de fresas sin tallo
- 2 kiwis pelados y cortados en cuartos
- 8 pinchos o brochetas de bambú de 6 pulgadas cada uno
- 1 taza de yogurt de fresa bajo en grasa

Instrucciones:

1. Coloque los trozos de fruta en los pinchos de bambú. Coloque las brochetas de fruta en un plato o en una bandeja.
2. Coloque el yogurt fresa bajo en grasa en un plato hondo. Sirva las brochetas con el yogurt a un lado.

Rinde: 8 porciones, 1 brocheta de frutas cada una

Nutrition Facts

servings per container	
Serving size	1/8 recipe (121g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 1mg	6%
Potassium 144mg	4%

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

Fuente: Adaptada de: Cooking Demo II, Food and Health Communications, Inc.
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Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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