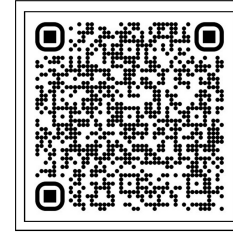




Cornell University
 Cooperative Extension
 New York City



Bolsa Mixta

Ingredientes:

- ½ taza de nueces mixtas sin sal
- 1¼ taza de pasas
- ¾ taza Cheerios™ sin azúcar
- ¾ taza Wheat Chex™
- 2 tazas de palomitas de maíz (krispé/popcorn)

Instrucciones:

1. Mezcle todos los ingredientes.
2. Coloque los ingredientes en bolsitas plásticas si lo desea.

Rinde: 10 porciones, ½ taza cada una

Nutrition Facts

servings per container
Serving size 1/2 cup (36g)

Amount per serving
Calories **140**

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 24g	9%
Dietary Fiber 2g	7%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 3mg	15%
Potassium 237mg	6%

*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: 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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