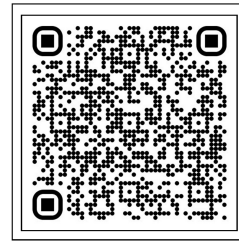




Cornell University
Cooperative Extension
New York City



Champaña de Piña

Ingredientes:

- 2 tazas de jugo de piña sin azúcar
- 2 tazas de agua de “seltzer”
- 4 rodajas de limón

Instrucciones:

1. Mezcle el jugo y el agua de “seltzer” en un jarro.
Añada las rodajas de limón y ponga a enfriar.
2. Para un sabor especial puede usar otros jugos como el de uva, parcha (maracuyá) o de arándano.

Rinde: 4 porciones (1 taza)

Nutrition Facts

servings per container
Serving size 1 cup (247g)

Amount per serving
Calories **60**

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 16g	6%
Dietary Fiber 0g	0%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 12mg	0%

*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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