

Bebida de Café Alta en Proteína

Ingredientes:

- 4 onzas de café descafeinado, elaborado
- 4 onzas de leche de soja y vainilla
- 1 cucharadita extracto de vainilla
- ¼ de cucharadita canela
- 1 paquete de stevia



Nutrition Facts

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

Amount Per Serving

Calories 60 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 3g	

Vitamin A 4% • Vitamin C 0%

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. Prepare café DECAF.
2. Combine café, leche de soja tibia, vainilla, canela y edulcorante.
3. Sirva caliente.