

Brocheta de Fruta

Ingredientes:

2 kiwis
 ½ taza de uvas
 1 taza de bolas de sandía
 1 taza de trozos de piña
 4 onzas. yogur de vainilla bajo en grasa
 Dos brochetas



Nutrition Facts	
Serving Size 1 cup (226g)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 25mg	1%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	12%
Sugars 24g	
Protein 3g	
Vitamin A 10%	• Vitamin C 130%
Calcium 10%	• 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. En cada brocheta, enhebre alternativamente el kiwi, la sandía, las uvas y la piña.
2. Rocíe yogur de vainilla bajo en grasa sobre las brochetas o utilizar como salsa para mojar.