

Fruta y Yogur

Ingredientes:

- 6 ¾ onzas de yogur griego al 2% con miel
- ¼ de taza de fresas, rebanadas
- ¼ taza de arándanos
- ¼ de cereal de granola bajo en grasa



Nutrition Facts		
Serving Size 11 oz (331g)		
Servings Per Container 1		
Amount Per Serving		
Calories 380	Calories from Fat 60	
% Daily Value*		
Total Fat 6g		9%
Saturated Fat 2.5g		13%
Trans Fat 0g		
Cholesterol 20mg		7%
Sodium 135mg		6%
Total Carbohydrate 69g		23%
Dietary Fiber 4g		16%
Sugars 46g		
Protein 13g		
Vitamin A 20% • Vitamin C 45%		
Calcium 40% • Iron 6%		
*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		



*SOY FREE



*CONTAINS NUTS

Direcciones:

1. Coloque alternativamente yogur y fruta.
2. Cubra con granola.

* También se puede utilizar fruta congelada.