

Yogur Parfait de Piña Colada

Ingredientes:

- 1/3 taza de yogur de vainilla bajo en grasa
- 1/2 taza de piña enlatada triturada
- 1 cucharada de coco tostado



Nutrition Facts

Serving Size 1 parfait (178g)
Servings Per Container 1

Amount Per Serving

Calories 130 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 55mg **2%**

Total Carbohydrate 22g **7%**

Dietary Fiber 2g **8%**

Sugars 21g

Protein 4g

Vitamin A 4% • Vitamin C 15%

Calcium 15% • Iron 2%

*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. Para tostar el coco: coloque el coco en un pequeño sartén y cocine, revolviendo con frecuencia hasta que estén dorados, unos 5 minutos.
2. Cubra el yogur con piña y coco.