

Salsa de Yogur al Curry

4 Porciones • 1 Porción = 2 Cucharadas



INGREDIENTES

- ½ taza de yogur griego natural de bajo contenido graso
- 2 cucharadas de jugo de limón recién exprimido
- 1 cucharada de miel
- ½ cucharadita de curry en polvo

INDICACIONES

1. Mezcle todos los ingredientes en un recipiente grande. Deje que la salsa se asiente durante 15 minutos antes de servir.

Nutrition Facts

4 servings per container	
Serving size 2 Tablespoons	
Amount per serving	
Calories 35	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 0mg	0%
Potassium 53mg	2%

*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.

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