



Mezcla de Frutos Secos - Versión Escolar

10 Porciones • 1 Porción = ¼ Taza

INGREDIENTES

- 1 taza de palomitas de maíz
- 1 taza de cereales integrales Cheerios
- ¼ taza de chips de chocolate amargo
- ¼ taza de semillas de calabaza
- ½ taza de arándanos secos
- ½ taza de pretzels

INDICACIONES

1. Mezcle todos los ingredientes en un recipiente.

Nutrition Facts	
10 servings per container	
Serving size	1/4 cup
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 4g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 2mg	10%
Potassium 58mg	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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