

# Queso Parmesano Vegano

8 Porciones • 1 Porción = 2 Cucharadas



## INGREDIENTES

- $\frac{3}{4}$  taza de nueces de la India crudas
- 3 cucharadas de levadura nutricional
- $\frac{3}{4}$  cucharadita de sal marina
- $\frac{1}{4}$  cucharadita de ajo en polvo

## INDICACIONES

1. Agregue todos los ingredientes en una procesadora o licuadora y mezcle hasta obtener una textura fina.

## Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>2 Tablespoons</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 1mg	6%
Potassium 121mg	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.

Developed by The Children's Hospital of San Antonio

[chefs.org](http://chefs.org)

@CHEFSanAntonio



The Children's Hospital  
of San Antonio™

CHRISTUS Health

© Culinary Health Education for Families