



Rodajas de Manzana con Canela

1 Porción • 1 Porción = 1 Manzana

INGREDIENTES

- 1 manzana
- Canela molida a gusto

INDICACIONES

1. Corte la manzana en 10 o 12 rodajas; quite el centro.
2. Coloque las rodajas en una bolsa de plástico sellada y agregue la canela. Cierre la bolsa y agítela para cubrir las rodajas uniformemente.

Nutrition Facts	
1 servings per container	
Serving size	1 apple
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	18%
Total Sugars 18g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 0mg	0%
Potassium 171mg	4%

*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.

Receta elaborada por The Children's Hospital of San Antonio

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