

Eat Smart • Move More

Brocheta de Fruta & Salsa de Yogurt

Tiempo de Preparación: 15 minutos

Tiempo Total: 15 minutos



Ingredientes

- 1 taza de piña, cortada en trozos
- 1 taza de uvas sin semilla
- 1 taza de fresas, sin pedículo
- 1 taza de sandía, con semillas y cortada en trozos
- 2 kiwis, pelados y en rodajas
- 6 onzas de yogurt, bajo en grasa

Nutrition Facts

8 servings per container	
Serving size	1 serving (115.51g)
Amount per serving	
Calories 60	
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i>	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 12g	
Includes g of Added Sugars	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 51mg	4%
Iron 0mg	0%
Potassium 212mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Consejos Rápidos

- ▶ Siempre lave los productos antes de cortarlos.
- ▶ Usted puede cambiar esta receta fácilmente utilizando frutas diferentes. Pruebe utilizar moras azules, mango, melón chino o naranjas.
- ▶ La mayor parte de las cáscaras de las frutas son comestibles. Consumir la cáscara provee más fibra y nutrientes.

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Preparación

- Colocar los trozos de fruta en los pinchos.
- Servir las brochetas junto con el yogurt como salsa.

(Receta adaptada de Food and Health Communications, Inc., publicada en: <https://whatscooking.fns.usda.gov>)

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