

# Eat Smart • Move More

## Salsa de Mantequilla de Maní y Yogurt

Tiempo de Preparación: 5 minutos

Tiempo Total: 5 minutos



### Ingredientes

- ½ taza de mantequilla de maní
- 6 onzas de yogurt de vainilla, bajo en grasa
- 8 tazas de fruta, en rodajas

### Nutrition Facts

8 servings per container		
<b>Serving size</b>		<b>1 serving</b>
		<b>(202.26g)</b>
<b>Amount per serving</b>		<b>200</b>
<b>Calories</b>		
		<b>% Daily Value*</b>
<b>Total Fat</b>	9g	<b>12%</b>
Saturated Fat	2g	<b>10%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	85mg	<b>4%</b>
<b>Total Carbohydrate</b>	29g	<b>11%</b>
Dietary Fiber	5g	<b>18%</b>
Total Sugars	22g	
Includes g of Added Sugars		
<b>Protein</b>	5g	
Vitamin D	0mcg	<b>0%</b>
Calcium	54mg	<b>4%</b>
Iron	0mg	<b>2%</b>
Potassium	312mg	<b>6%</b>

\*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

- ▶ Utilice con sus frutas preferidas como manzanas, fresas, uvas o bananas.
- ▶ Siempre lave la fruta antes de cortarla o comerla.
- ▶ Mantequilla de maní, ¿suave o crujiente? ¡Usted decide!

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This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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### Preparación

- Colocar la mantequilla de maní en un bol en el microondas durante 20-30 segundos, hasta que esté blanda y líquida.
- Mezclar el yogurt con la mantequilla de maní. Revolver bien.
- Servir la salsa con fruta recién cortada.

(Receta adaptada de Colorado State and University of California at Davis, como indica en: <https://whatscooking.fns.usda.gov>)

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