

Insectos Sobre Un Tronco

Tiempo de Preparación: 5 minutos

Tiempo Total: 5 minutos



Ingredientes

1 tallo de apio, cortado en trozos
1 cucharada de mantequilla de cacahuate
1 ½ cucharadas de uvas pasa



Nutrition Facts

1 servings per container

Serving size

4 servings
(105.06g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg

Sodium 135mg 6%

Total Carbohydrate 13g 5%

Dietary Fiber 2g 7%

Total Sugars 8g

Includes g of Added Sugars

Protein 4g

Vitamin D 0mcg

0%

Calcium 44mg

4%

Iron 1mg

4%

Potassium 365mg

8%

* 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

- Puede utilizar rodajas de manzana como el “tronco”, cacahuate o arándanos deshidratados como los “insectos”, y queso crema reducido en grasa o humus en lugar de la mantequilla de cacahuate.
- Siempre lave los vegetales antes de cortarlos.

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(Receta adaptada del National Network for Childcare, publicada en: <https://whatscooking.fns.usda.gov>)

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