

Eat Smart • Move More

Colación Crocante y Picante

Tiempo de Preparación: 5 minutos

Tiempo Total: 25 minutos



Ingredientes

Aerosol antiadherente para cocinar
2 tazas de cuadrados de cereal integrales
1 taza de bretzels (pretzels) retorcidos sin sal
½ taza de galletas cuadradas de queso reducidas en grasa
½ taza de galletas integrales para colación
1 ½ cucharada de mantequilla, derretida
1 cucharada de salsa de jengibre salteada
1 cucharadita de chile en polvo
1 cucharadita de comino molido

Nutrition Facts

8 servings per container

Serving size 1 serving (36.12g)

Amount per serving **Calories** 140

| % Daily Value * | |
|----------------------------|-----------|
| Total Fat | 4.5g 6% |
| Saturated Fat | 2g 10% |
| Trans Fat | 0g |
| Cholesterol | 5mg 2% |
| Sodium | 220mg 10% |
| Total Carbohydrate | 24g 9% |
| Dietary Fiber | 2g 7% |
| Total Sugars | 3g |
| Includes g of Added Sugars | |
| Protein | 3g |
| Vitamin D | 0mcg 0% |
| Calcium | 51mg 4% |
| Iron | 5mg 30% |
| Potassium | 101mg 2% |

* 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

- En vez de hornear, la mezcla puede colocarse en el microondas en un recipiente adecuado, durante 6 minutos, revolviendo cada 2 minutos.
- Para más variedad, agregar cacahuate, almendras, nueces o nueces pecan sin sal.

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