

Eat Smart • Move More

Espuma de Agua

Tiempo de Preparación: 5 minutos

Tiempo Total: 5 minutos



Ingredientes

- ½ taza de hielo (opcional)
- ¾ taza de agua con gas sin sabor
- ¼ taza de jugo 100% de fruta, como naranja o uva

Nutrition Facts

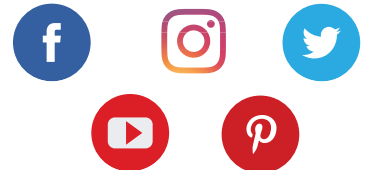
1 servings per container		
Serving size		1 serving
		(422.16g)
Amount per serving		60
Calories		
		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	30mg	1%
Total Carbohydrate	13g	5%
Dietary Fiber	0g	0%
Total Sugars	10g	
Includes g Added Sugars		
Protein	<1g	
Vitamin D	0mcg	0%
Calcium	80mg	6%
Iron	0.2mg	0%
Potassium	250mg	6%

*The % Daily Value (DV) 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.

Consejos Rápidos

- ▶ Congele el jugo que sobra para hacer cubitos de hielo saborizados.
- ▶ Limite las calorías líquidas. Consuma frutas enteras.
- ▶ El jugo de fruta es una alternativa más saludable a las bebidas endulzadas con azúcar y además, la fruta entera es más nutritiva que el jugo de fruta.

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Preparación

- Si decide utilizar hielo, agréguelo a una taza.
- Verter el agua y el jugo de fruta a la taza. ¡A disfrutar!

(Receta de Summer Foods, Summer Moves listada como: <https://fns-prod.azureedge.net.>)

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