



Ensalada Crujiente de Frutas

Ingredientes:

- 2 latas de 16-onzas de duraznos, ciruelas, albaricoques o una combinación de estas frutas (enlatadas en su jugo)
- ¾ de taza de granola bajo en grasas
- 1 cartón de 8-onzas de yogurt de vainilla canela

Instrucciones:

1. Escorra la fruta y coloque en un recipiente grande.
2. Coloque la granola en un recipiente pequeño.
3. Para servir, eche una cucharada de fruta, una cucharada de yogurt, una cucharadita de granola y para acabar rocíelo con un poco de canela.

Variaciones:

- Sustituya la fruta enlatada con 12 pedazos de fruta fresca cortada.
- Sustituya graham desmigado o obleas de vainilla con granola bajo en grasas.

Rinde 8-10 raciones

Fuente: Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999.

| Nutrition Facts | | | |
|---|-------------|-------------------|---------|
| Serving Size 4 oz. | | | |
| Servings Per Recipe 10 | | | |
| Amount Per Serving | | | |
| Calories | 140 | Calories from Fat | 20 |
| % Daily Value * | | | |
| Total Fat | 2.5g | | 4% |
| Saturated Fat | 0g | | 0% |
| Trans Fat | 0g | | |
| Cholesterol | 0mg | | 0% |
| Sodium | 25mg | | 1% |
| Total Carbohydrate | 27g | | 9% |
| Dietary Fiber | 3g | | 12% |
| Sugars | 22g | | |
| Protein | 3g | | |
| Vitamin A | 15% | Vitamin C | 4% |
| Calcium | 6% | Iron | 4% |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | | | |
| | Calories: | 2000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| 14% calories from fat | | | |



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Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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