

Ponche de Naranja

Ingredientes:

- 1 taza de leche descremada
- 3 tazas de agua
- 1 lata (6-uncas) de jugo de naranja (concentrado y congelado)
- 1 cucharadita de extracto de vainilla
- 1 cucharadita de miel o azúcar
- 1 cucharadita de canela en polvo

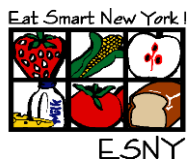
Instrucciones:

1. Mezcle todo los ingredientes en una licuadora o mezcle bien en una jarra.
2. Enfríe y sirva

Rinde como 8 porciones

| Nutrition Facts | | | |
|---|-------------|-------------------|---------|
| Serving Size: 4 oz. (127g) | | | |
| Servings Per Recipe: 8 | | | |
| Amount Per Serving | | | |
| Calories | 90 | Calories from Fat | 0 |
| % Daily Value * | | | |
| Total Fat | 0g | | 0% |
| Saturated Fat | 0g | | 0% |
| Trans Fat | 0g | | |
| Cholesterol | 5mg | | 2% |
| Sodium | 85mg | | 4% |
| Total Carbohydrate | 17g | | 6% |
| Dietary Fiber | 0g | | 0% |
| Sugars | 16g | | |
| Protein | 6g | | |
| Vitamin A | 2% | Vitamin C | 50% |
| Calcium | 20% | Iron | 2% |
| * 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 |
| 0% calories from fat | | | |
| special notes | | | |

Source: Cornell University Cooperative Extension in New York City



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

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