



## Brocheta de Frutas con Aderezo de Yogurt

### Ingredientes:

- 1 taza de trozos de sandía
- 1 taza de trozos de piña
- 1 taza de uvas rojas sin semillas
- 1 taza de fresas sin tallo
- 2 kiwis pelados y cortados en cuartos
- 8 pinchos o brochetas de bambú de 6 pulgadas cada uno
- 1 taza de yogurt de fresa bajo en grasa

### Instrucciones:

1. Coloque los trozos de fruta en los pinchos de bambú. Coloque las brochetas de fruta en un platón.
2. Coloque el yogurt light de fresa en un plato hondo. Sirva las brochetas con yogurt a un lado.

Rinde: 8 porciones

Nutrition Facts			
Serving Size 1/8 of recipe (124g)			
Servings Per Recipe 8			
Amount Per Serving			
Calories	60	Calories from Fat	0
% Daily Value *			
<b>Total Fat</b>	<b>0g</b>		0%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>		0%
<b>Sodium</b>	<b>20mg</b>		1%
<b>Total Carbohydrate</b>	<b>14g</b>		5%
Dietary Fiber	1g		4%
Sugars	11g		
<b>Protein</b>	<b>2g</b>		
Vitamin A	4%	Vitamin C	70%
Calcium	6%	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
<b>0% calories from fat</b>			

**Fuente:** Adaptada de: Cooking Demo II, Food and Health Communications, Inc.,  
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Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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