



Avena Casera con Frutas

Ingredientes:

- 1½ tazas de agua
- ¾ taza de granos de avena
- 2 cucharadas de pasitas
- 1 manzana sin corazón y picado
- 1 cucharadita de canela

Instrucciones:

1. Utilice un pelador de verduras para pelar las manzanas.
2. Saque el corazón de manzana. Corte la manzana en pedazos pequeños.
3. Coloque el agua y la sartén.
4. Caliente el agua hasta hervir a fuego medio.
5. Integre la avena, pasitas, manzanas picadas, y canela.
6. Baje el fuego.
7. Cocine durante 5 minutos, agitando constantemente.

Rinde: 2 porciones

Fuente:

Adaptada de: Pennsylvania Nutrition Education Network, Website Recipes,
The Pennsylvania Nutrition Education Program. Last Modified: Oct 22, 2008

| Nutrition Facts | | | |
|---|-------------|-------------------|---------|
| Serving Size ½ of recipe (288g) | | | |
| Servings Per Recipe 2 | | | |
| Amount Per Serving | | | |
| Calories | 180 | Calories from Fat | 20 |
| % Daily Value * | | | |
| Total Fat | 2.5g | | 4% |
| Saturated Fat | 0g | | 0% |
| Trans Fat | 0g | | |
| Cholesterol | 0mg | | 0% |
| Sodium | 5mg | | 0% |
| Total Carbohydrate | 39g | | 13% |
| Dietary Fiber | 5g | | 20% |
| Sugars | 14g | | |
| Protein | 5g | | |
| Vitamin A | 0% | Vitamin C | 6% |
| Calcium | 4% | Iron | 10% |
| * 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 |
| 11% 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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