

Bolsa Mixta

Ingredientes:

- ½ taza de nueces mixtas sin sal
- 1¼ taza de pasas
- ¾ taza Cheerios™ sin azúcar
- ¾ taza Wheat Chex™
- 2 tazas de palomitas de maíz (krispé/popcorn)

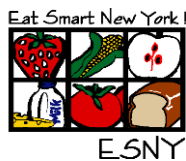
Instrucciones:

1. Mezcle todos los ingredientes.
2. Coloque en bolsitas plásticas si lo desea.

Rinde: 10 porciones

Nutrition Facts			
Serving Size: ½ cup			
Servings Per Recipe: 10			
Amount Per Serving			
Calories	136	Calories from Fat	45
% Daily Value *			
Total Fat	5g		8%
Saturated Fat	1g		4%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	51mg		2%
Total Carbohydrate	22g		7%
Dietary Fiber	2g		9%
Sugars	11g		
Protein	3g		
Vitamin A	2%	Vitamin C	3%
Calcium	3%	Iron	15%
* 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
33% calories from fat			

Fuente: 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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