



Champaña de Piña

Ingredientes:

- 2 tazas de jugo de piña sin azúcar
- 2 tazas “seltzer”
- 4 rebanada de limón

Instrucciones:

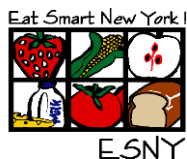
Mezcle el jugo y el “seltzer” en un jarro. Añada la rebanada de limón y ponga a enfriar.

Para un sabor especial puede usar otros jugos como el de uva, parcha (maracuyá) o de arándano.

Rinde: 4 porciones (1 taza)

Nutrition Facts			
Serving Size 1 cup (8 oz.)			
Servings Per Recipe 4			
Amount Per Serving			
Calories	70	Calories from Fat	0
% Daily Value *			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	18g		6%
Dietary Fiber	0g		0%
Sugars	17g		
Protein	0g		
Vitamin A	0%	Vitamin C	25%
Calcium	2%	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			

Fuente: Cornell University Cooperative Extension in New York City



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

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