



Vaca Morada

Ingredientes:

- 1 taza de leche baja en grasa
- ½ taza de jugo de uva fortificado con vitamina C congelado
- ½ taza de yogur bajo en grasa con sabor a vainilla

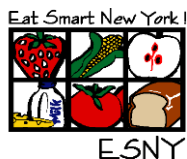
Instrucciones:

1. Mezcle bien todos los ingredientes y coloque en el refrigerador.
2. Para una bebida congelada, agregue 2 cubitos de hielo y mezcla en una licuadora.

Rinde: 2 porciones (1 taza)

Nutrition Facts			
Serving Size: 1 cup			
Servings Per Recipe: 2			
Amount Per Serving			
Calories	231	Calories from Fat	19
% Daily Value *			
Total Fat	2g		3%
Saturated Fat	1g		7%
Trans Fat	0g		
Cholesterol	9mg		3%
Sodium	104mg		4%
Total Carbohydrate	46g		15%
Dietary Fiber	0g		0%
Sugars	45g		
Protein	8g		
Vitamin A	6%	Vitamin C	101%
Calcium	28%	Iron	3%
* 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
8% calories from fat			

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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