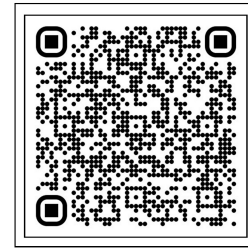


Cornell University
Cooperative Extension
New York City



Ponche de Naranja

Ingredientes:

- 1 taza de leche descremada
- 3 tazas de agua
- 1 lata de 6 onzas de jugo de naranja, concentrado y congelado
- 1 cucharadita de extracto de vainilla
- 1 cucharadita de miel o azúcar
- 1 cucharadita de canela en polvo

Instrucciones:

1. Mezcle todo los ingredientes en una licuadora o mezcle bien en una jarra.
2. Enfríe y sirva.

Rinde como 8 porciones, 1/2 taza cada una

Nutrition Facts

servings per container	
Serving size	1/2 cup (124g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 8g Added Sugars	16%
Protein 4g	
Vitamin D 1mcg	6%
Calcium 256mg	20%
Iron 0mg	0%
Potassium 307mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: 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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