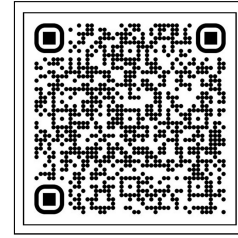




Cornell University
Cooperative Extension
New York City



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 mezcle en una licuadora.

Rinde: 2 porciones, 1 taza cada una

Nutrition Facts

servings per container
Serving size 1 cup (238g)

Amount per serving
Calories 120

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 19g	
Includes 4g Added Sugars	8%
Protein 6g	
Vitamin D 1mcg	6%
Calcium 237mg	20%
Iron 0mg	0%
Potassium 296mg	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.

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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