



## Parfait de caramel de maíz

Rinde: 1 porción (1 taza por porción)

Tiempo de preparación: 5 minutos

### **Ingredientes**

1/3 taza de pedacitos de piña

1/3 taza de mandarina

1/3 taza yogur griego vainilla

### **Preparación**

1. En capas, ponga los pedacitos de piña, mandarina, y yogur griego en una taza transparente.
2. Sirva inmediatamente y ¡buen provecho!

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 cup (234g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 23g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	0%
Calcium 94mg	8%
Iron 0mg	0%
Potassium 195mg	4%

\*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.



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This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. USDA is an equal opportunity provider, employer, and lender.