



EATING SMART  
BEING ACTIVE

## Sidra Caliente Especiada

Rinde: 12 porciones

Tiempo de Preparación: 5 minutos

Tiempo de Cocción: 2 minutos

### Ingredientes

3 cuartos de sidra de manzana

12 clavos enteros

1 palito de canela

### Preparación

1. Recoga los ingredientes.
2. Ponga la sidra de manzana, los clavos, y un palito de canela en un sartén grande o una olla. Deje la sidra hervir.
3. ¡Sirvala y buen provecho!

### Nutrition Facts

12 servings per container

**Serving size** 1 cup (248g)

Amount per serving

**Calories** 110

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 10mg 0%

**Total Carbohydrate** 28g 10%

Dietary Fiber 1g 4%

Total Sugars 24g

Includes 0g Added Sugars 0%

**Protein** 0g

Vitamin D 0mcg 0%

Calcium 22mg 2%

Iron 0mg 0%

Potassium 253mg 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.



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