



Canasta 1: Trigo atómico (150 gr.) y 6 unidades de barra energética (25 gr.)

## TRIGO POP



### Información Nutricional

Porción: 1 taza (12 gr.)

**Propiedades:** Es energético, contiene fibra y calcio.

**Formas de Uso:** Consumir con yogurt, ensaladas de frutas, leche etc.

Nutrient	Units	Value
Water	g	0.48
Energy	kcal	39
Protein	g	1.80
Total lipid (fat)	g	0.19
Ash	g	0.29
Carbohydrate, by difference	g	9.24
Fiber, total dietary	g	1.8
Sugars, total	g	0.00
Calcium, Ca	mg	5
Iron, Fe	mg	0.00
Phosphorus, P	mg	51
Potassium, K	mg	57
Sodium, Na	mg	0
Vitamin C, total ascorbic acid	mg	0.0
Vitamin B-12	mcg	0.00
Vitamin A, IU	IU	0
Fatty acids, total saturated	g	0.036
Fatty acids, total monounsaturated	g	0.072
Fatty acids, total polyunsaturated	g	0.084
Fatty acids, total trans	g	0.000
Cholesterol	mg	0
Vitamin B-12, added	mcg	0.00