



TOAST TOPPED WITH JAM, CHEESE, AND CHIA.

2 porciones

INGREDIENTES

- 2 slices of whole-grain bread (50g)
- 2 tablespoons of reduced-sugar fruit jam (30g)
- One serving of fresh cheese (approximately 40 grams) o 2 tablespoons of cream cheese (20g)
- Two teaspoons of chia seeds (approximately 5 grams)

MÉTODO DE PREPARACIÓN

1º Toast the whole-grain bread slices. Spread the toast with jam and cheese. Sprinkle with chia seeds.

INFORMACIÓN NUTRICIONAL

	POR 100 g	POR PORCIÓN (57 g)	% DDR
ENERGÍA	232 kcal	133 kcal	7 %
GRASA	8 g	5 g	7 %
GRASAS SATURADAS	2 g	1 g	7 %
COLESTEROL	11 mg	6 mg	2 %
SODIO	286 mg	164 mg	7 %
H. CARBONO	32 g	19 g	6 %
AZÚCARES	9 g	5 g	—
FIBRA ALIMENTARIA	2 g	1 g	4 %
PROTEÍNA	9 g	5 g	—