

No Added Sugar Fruit Compote Beverage Recipe

Примеры рецептов здоровой русской пищи

Компот без добавления сахара

- 1 яблоко средней величины, вырезать сердцевину и порезать (получится 1 стакан (125 г) яблок)
- 3/4 стакана (120 г) ягод, свежих или замороженных (не размораживать)
- 1/4 стакана (40 г) изюма
- 4 стакана (1 литр) воды
- 1 чайная ложка (5 мл) корицы (по желанию)
- 2 столовых ложки (30 мл) сахарозаменителя Splenda в гранулах (по желанию)

или 3 пакетика сахарозаменителя Splenda

Смешайте все ингредиенты в 2-литровой кастрюле и доведите до кипения. Уменьшите огонь и варите на малом огне, пока яблоки не станут совсем мягкими.

На 4 порции

This program is sponsored in part by an educational grant from the American Diabetes Association through the Elizabeth Furse Diabetes Grant Program. Materials created by the PeaceHealth Southwest Medical Center peacehealth.org/southwest/services/diabetes-endocrine/diabetes.

Nutrition Facts

Serving Size 1/4 of recipe (308g)

Amount Per Serving

Calories 64

Calories from Fat 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 6mg 0%

Total Carbohydrate 17g 6%

Dietary Fiber 2g 8%

Sugars 12g

Protein 1g

Vitamin A 1%

Vitamin C 4%

Calcium 1%

Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

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Healthy Russian Meals Recipe

No Added Sugar Fruit Compote Beverage

- 1 cup (125gm) apple, cored and chopped (1 medium)
- 3/4 cup (120gm) berries, fresh or frozen (unthawed)
- 1/4 cup (40gm) raisins
- 4 cups (1 liter) water
- 1 teaspoon (5ml) cinnamon (optional)
- 2 Tablespoons (30ml) Splenda granular (optional) or 3 packets Splenda

Add all ingredients in 2 liter sauce pan and bring to a boil. Reduce heat and simmer until apple very soft.

Makes 4 portions.

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