

Eat Smart • Move More

Zanahorias Glaseadas

Tiempo de Preparación: 10 minutos

Tiempo Total: 35 minutos



Ingredientes

- 2 cucharadas de aceite de oliva
- 1 ½ libra de zanahorias, en rodajas
- 1 taza de agua
- ¼ cucharadita de pimienta
- 2 cucharaditas de azúcar

Nutrition Facts

6 servings per container		
Serving size		1 serving
		(139.08g)
Amount per serving		
Calories		90
		% Daily Value*
Total Fat	5g	6%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	80mg	3%
Total Carbohydrate	12g	4%
Dietary Fiber	3g	11%
Total Sugars	7g	
Includes g of Added Sugars		
Protein	1g	
Vitamin D	0mcg	0%
Calcium	38mg	2%
Iron	0mg	2%
Potassium	364mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Consejos Rápidos

- ▶ La zanahoria es un vegetal saludable y de bajo costo para tener a mano.
- ▶ Las zanahorias de tamaño grande son más económicas que las zanahorias bebé.
- ▶ Esta técnica de glaseado funciona para otros vegetales de raíz como los camotes o las chirivías.

Follow us | Like us



www.eatsmart.ext.vt.edu

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

Preparación

- Calentar el aceite en una cacerola sobre fuego bajo. Agregar zanahorias y revolver para cubrir las.
- Agregar el agua y la pimienta a la cacerola. Cubrir y hervir en forma lenta hasta que estén tiernas, aproximadamente 10-15 minutos.
- Drenar el agua remanente de la cacerola.
- Agregar el azúcar, revolver y cubrir la cacerola. Cocinar durante 1 minuto más, hasta que las zanahorias estén glaseadas, pero no doradas.

(Receta del Pennsylvania Nutrition Education Network Website Recipes, publicada en <https://www.whatscooking.fns.usda.gov>)

www.eatsmart.ext.vt.edu