

# Eat Smart • Move More

## Salsa de Zapallo

Tiempo de Preparación: 10 minutos

Tiempo Total: 10 minutos



### Ingredientes

- 8 onzas de zapallo enlatado
- 6 onzas de yogurt de vainilla, bajo en grasa
- 4 onzas de queso crema reducido en grasa, blando
- ½ cucharadita de especia de pastel de zapallo
- 4 manzanas, en rodajas

### Nutrition Facts

|                            |       |                       |
|----------------------------|-------|-----------------------|
| 4 servings per container   |       |                       |
| <b>Serving size</b>        |       | <b>1 serving</b>      |
|                            |       | <b>(309.79g)</b>      |
| <b>Amount per serving</b>  |       |                       |
| <b>Calories</b>            |       | <b>210</b>            |
|                            |       | <b>% Daily Value*</b> |
| <b>Total Fat</b>           | 7g    | <b>9%</b>             |
| Saturated Fat              | 4g    | <b>20%</b>            |
| Trans Fat                  | 0g    |                       |
| <b>Cholesterol</b>         | 25mg  | <b>8%</b>             |
| <b>Sodium</b>              | 125mg | <b>5%</b>             |
| <b>Total Carbohydrate</b>  | 38g   | <b>14%</b>            |
| Dietary Fiber              | 6g    | <b>21%</b>            |
| Total Sugars               | 27g   |                       |
| Includes g of Added Sugars |       |                       |
| <b>Protein</b>             | 5g    |                       |
| Vitamin D                  | 0mcg  | <b>0%</b>             |
| Calcium                    | 118mg | <b>10%</b>            |
| Iron                       | 1mg   | <b>6%</b>             |
| Potassium                  | 406mg | <b>8%</b>             |

\*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

- ▶ Sustituya la especie de pastel de zapallo por canela.
- ▶ Asegúrese de utilizar el zapallo enlatado simple, no el relleno de pastel de zapallo que contiene azúcar agregada.
- ▶ Utilice las sobras de zapallo enlatado en licuados.

### Follow us | Like us



[www.eatsmart.ext.vt.edu](http://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

- Mezclar el zapallo, el yogurt, el queso crema y la especia de pastel de zapallo hasta que la mezcla tenga una consistencia suave.
- Servir con las rodajas de manzana o sus frutas favoritas.

(Receta de North Dakota Extension Service publicada en <https://www.ag.ndsu.edu>.)

[www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)