

Eat Smart • Move More

Ensalada Waldorf

Tiempo de Preparación: 15 minutos

Tiempo Total: 15 minutos



Ingredientes

- 2 manzanas, picadas
- 1 taza de apio, cortado en dados
- ½ taza de uvas pasa
- ¼ taza de nueces, picadas
- ½ taza de yogurt de vainilla, bajo en grasa
- 1 cucharadita de jugo de limón
- 1 cucharadita de azúcar

Nutrition Facts

4 servings per container		
Serving size		1 serving
		(174.41g)
Amount per serving		
Calories		180
		% Daily Value*
Total Fat	5g	6%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	45mg	2%
Total Carbohydrate	34g	12%
Dietary Fiber	4g	14%
Total Sugars	26g	
Includes 1g of Added Sugars		2%
Protein	4g	
Vitamin D	0mcg	0%
Calcium	84mg	6%
Iron	1mg	4%
Potassium	398mg	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

- ▶ Siempre lave los productos antes de cortarlos.
- ▶ ¡Pruébelo con arándanos secos en vez de uvas pasa!

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Preparación

- Combinar las manzanas, el apio, las uvas pasa y las nueces en un bol para mezclar.
- En un bol aparte, combinar el yogurt con el jugo de limón y el azúcar.
- Agregar la mezcla de yogurt a la mezcla de fruta. Mezclar bien.
- Refrigerar hasta servir.

(Receta adaptada de Oregon State University Cooperative Extension Service, como se indica en: <https://whatscooking.fns.usda.gov>)

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