

# Eat Smart • Move More

## Ensalada de Manzana y Col

Tiempo de Preparación: 10 minutos

Tiempo Total: 10 minutos



### Ingredientes

- ½ cabeza mediana de col (repollo), cortada en tiras
- 2 zanahorias, cortadas en tiras
- 2 manzanas, picadas
- 1 pimiento, picado
- 6 onzas de yogurt natural reducido en grasa
- ¼ cucharadita de eneldo deshidratado
- ¼ cucharadita de sal
- ¼ cucharadita de pimienta negra molida

### Nutrition Facts

6 servings per container		
<b>Serving size</b>		<b>1 serving</b>
		<b>(205.19g)</b>
<b>Amount per serving</b>		
<b>Calories</b>		<b>80</b>
		<b>% Daily Value*</b>
<b>Total Fat</b>	0.5g	<b>1%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	150mg	<b>7%</b>
<b>Total Carbohydrate</b>	18g	<b>7%</b>
Dietary Fiber	4g	<b>14%</b>
Total Sugars	12g	
Includes g of Added Sugars		
<b>Protein</b>	3g	
Vitamin D	0mcg	<b>0%</b>
Calcium	95mg	<b>8%</b>
Iron	1mg	<b>4%</b>
Potassium	361mg	<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

- ▶ Agregue una cucharadita de mostaza picante o amarilla para una ensalada con un sabor más fuerte.
- ▶ Utilice la col remanente en sopas o salteados.
- ▶ Utilice yogurt natural reducido en grasa en vez de mayonesa, para disminuir la cantidad de grasa y calorías.

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### Preparación

- Agregar la col, las zanahorias, las manzanas y el pimiento a un bol y mezclar.
- En un bol aparte, combinar el yogurt, el eneldo, la sal y la pimienta. Mezclar totalmente para crear un aderezo.
- Verter la mezcla de aderezo sobre la col y revolver hasta mezclar uniformemente.

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

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