

Eat Smart • Move More

Ensalada de Manzana y Lima

Tiempo de Preparación: 15 minutos

Tiempo Total: 15 minutos



Ingredientes

- 2 manzanas, sin corazón y en rodajas
- ½ taza de nueces, tostadas
- ½ taza de queso mozzarella reducida en grasa, en tiras
- 4 cebolletas, en rodajas
- ¼ taza de perejil fresco
- ¼ taza de jugo de lima
- 2 cucharadas de aceite de oliva

Nutrition Facts

6 servings per container		
Serving size		1 serving
		(107.05g)
Amount per serving		
Calories		170
		% Daily Value*
Total Fat	12g	15%
Saturated Fat	2g	10%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	60mg	3%
Total Carbohydrate	12g	4%
Dietary Fiber	2g	7%
Total Sugars	7g	
Includes g of Added Sugars		
Protein	4g	
Vitamin D	0mcg	0%
Calcium	98mg	8%
Iron	1mg	4%
Potassium	169mg	4%

*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

- ▶ Seleccione manzanas crocantes como las variedades fuji, gala, pink lady o honeycrisp.
- ▶ Para tostar las nueces, colóquelas sobre una sartén a fuego bajo hasta que estén doradas y fragantes.
- ▶ Hacer rodar la lima bajo la palma de su mano sobre la mesada para facilitar la extracción del jugo.

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Preparación

- Colocar las manzanas, las nueces, el queso mozzarella, las cebolletas y el perejil en un bol para mezclar.
- En un bol aparte, combinar el jugo de lima y el aceite. Verter el aderezo sobre la ensalada y revolver hasta que estén bien mezclados.

(Receta adaptada de: <https://www.bonappetit.com>)

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