

Eat Smart • Move More

Salsa de Manzana

Tiempo de Preparación: 10 minutos

Tiempo Total: 15 minutos



Ingredientes

- 2 tazas de manzanas, en rodajas
- ½ taza de pimiento, en dados
- 1/3 taza de jugo de lima
- ¼ taza de cebolla, cortada en dados
- ¼ taza de cilantro, picado
- 1 cucharada de miel
- ¼ cucharadita de sal
- ¼ cucharadita de pimienta negra molida
- 1 chile jalapeño, picado

Nutrition Facts

4 servings per container		
Serving size		1 serving
		(113.89g)
Amount per serving		
Calories		60
		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	150mg	7%
Total Carbohydrate	16g	6%
Dietary Fiber	2g	7%
Total Sugars	11g	
Includes 4g of Added Sugars		8%
Protein	<1g	
Vitamin D	0mcg	0%
Calcium	12mg	0%
Iron	0mg	0%
Potassium	148mg	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

- ▶ Agregue color con una cebolla roja, pimientos dulces y manzanas de diferentes colores.
- ▶ Agregue fresas o kiwis para un sabor más dulce.
- ▶ La receta sugiere utilizar manzanas agrias como las variedades Granny Smith, Pink Lady, o McIntosh.

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

- Combinar todos los ingredientes en un bol para mezclar. Revolver bien para combinarlos.
- ¡Disfrute esta salsa junto con cerdo, pollo, pescado o agregue a sándwiches para un crujido!

(Receta de: <http://www.myrecipes.com>)

www.eatsmart.ext.vt.edu