

Eat Smart • Move More

Revuelto de Arúgula

Tiempo de Preparación: 10 minutos

Tiempo Total: 15 minutos



Ingredientes

- 4 huevos
- ¼ taza de leche al 1%
- 1/3 taza de queso cheddar reducido en grasa, rallado
- ½ cucharadita de pimienta negra molida
- 1/8 cucharadita de nuez moscada molida
- ½ cucharadita de aceite de canola
- 1 taza de arúgula, picada

Nutrition Facts

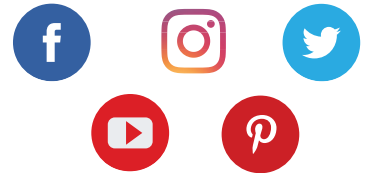
2 servings per container	
Serving size	1 serving (149.38g)
Amount per serving	
Calories 190	
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 380mg	127%
Sodium 200mg	9%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes g of Added Sugars	
Protein 16g	
Vitamin D 2mcg	10%
Calcium 167mg	15%
Iron 2mg	10%
Potassium 233mg	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.

Consejos Rápidos

- ▶ Agregue cebollas o pimientos como fuente extra de vegetales.
- ▶ ¡No olvide agregar una rebanada de pan integral tostado!

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Preparación

- Batir los huevos, la leche, la pimienta negra y la nuez moscada en un bol hasta que esté bien mezclado.
- Calentar el aceite en una sartén sobre fuego medio-bajo hasta que esté caliente.
- Verter la mezcla del huevo.
- A medida que los huevos comienzan a asentarse, jale lentamente la espátula sobre la sartén hasta formar grumos grandes y suaves. Mezclar la arúgula.
- Continuar cocinando, jalando, levantando y plegando los huevos hasta que no quede líquido visible.
- Remover del calor, mezclar el queso a la preparación y servir inmediatamente.

(Receta adaptada de: <http://www.theowlwiththegoblet.com/2014/01/scrambled-eggs-with-wilted-arugula.html>)

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