

Eat Smart • Move More

Ensalada de Frijol Cabecita Negra & Jamón

Tiempo de Preparación: 10 minutos

Tiempo Total: 10 minutos



Ingredientes

15 onzas de frijoles cabecita negra, escurridos y enjuagados
2 tomates, en dados
8 onzas de jamón magro cocido, picado
1 cebollín, en rodajas
¼ taza de vinagre de vino
2 cucharadas de aceite de oliva
¼ cucharadita de pimienta negra molida

Nutrition Facts

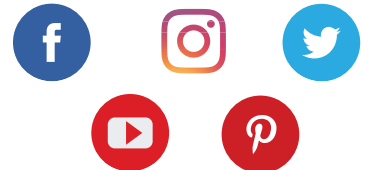
| | | |
|----------------------------|--------|-----------------------|
| 6 servings per container | | |
| Serving size | | 1 serving |
| | | (157.31g) |
| Amount per serving | | 180 |
| Calories | | |
| | | % Daily Value* |
| Total Fat | 6g | 8% |
| Saturated Fat | 1g | 5% |
| Trans Fat | 0g | |
| Cholesterol | 10mg | 3% |
| Sodium | 370mg | 16% |
| Total Carbohydrate | 20g | 7% |
| Dietary Fiber | 4g | 14% |
| Total Sugars | 6g | |
| Includes g of Added Sugars | | |
| Protein | 12g | |
| Vitamin D | 0mcg | 0% |
| Calcium | 27mg | 2% |
| Iron | 2mg | 10% |
| Potassium | 561 mg | 10% |

*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 alimentos antes de cortarlos.
- ▶ Escurrir y enjuagar los vegetales enlatados puede ayudar a reducir la cantidad de sodio hasta en un 40%.
- ▶ Intente incluir otros vegetales como el ajo, apio o pimienta en este platillo.

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Preparación

- Colocar en un bol los frijoles cabecita negra, los tomates, el jamón y el cebollín. Reservar.
- En un bol aparte, mezclar el vinagre de vino, el aceite de oliva y la pimienta negra para lograr un aderezo.
- Rociar el aderezo sobre la mezcla de frijoles cabecita negra. Mezclar suavemente.
- Servir inmediatamente o cubrir y enfriar hasta que esté listo para servir.

(Receta adaptada de: <https://web.extension.illinois.edu>)

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