

Eat Smart • Move More

Ensalada de Elote, Cebolla y Tomate

Tiempo de Preparación: 10 minutos

Tiempo Total: 55 minutos



Ingredientes

- 33 onzas de elote grano entero enlatado, escurrido y enjuagado
- 2 tomates grandes, cortados en dados
- 1 cebolla dulce grande, en rodajas finas
- 1 racimo de cilantro, picado
- 2 limas, exprimidas
- 1/3 taza de vinagre de arroz
- 1/4 cucharadita de sal

Preparación

- En un bol grande, combinar el elote, los tomates, la cebolla dulce y el cilantro.
- Exprimir el jugo de las limas sobre la preparación y mezclar.
- Agregar el vinagre de arroz a gusto.
- Sazonar con sal.
- Cubrir y dejar reposar durante 45 minutos.
- Revolver bien antes de servir.

Nutrition Facts

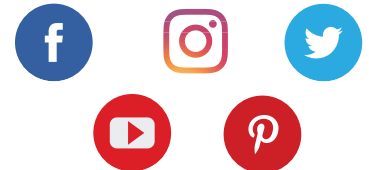
10 servings per container	
Serving size	1 serving (173.19g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 19g	7%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes g of Added Sugars	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 17mg	0%
Iron 1mg	2%
Potassium 238mg	6%

*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

- ▶ Sustituir el elote enlatado por elote fresco, hervido, cortado desde la mazorca o descongelado.
- ▶ Los tomates están en temporada durante los meses de julio a octubre.
- ▶ Siempre enjuague los productos frescos antes de su preparación.

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