

Eat Smart • Move More

Caviar Cowboy

Tiempo de Preparación: 10 minutos

Tiempo Total: 10 minutos



Ingredientes

15 onzas de frijoles negros enlatados bajos en sodio, escurridos y enjuagados
15 onzas de frijoles rojos enlatados bajos en sodio, escurridos y enjuagados
15 onzas de elote enlatado bajo en sodio, escurridos y enjuagados
15 onzas de tomates cortados enlatados bajos en sodio
4 onzas de chiles verdes picados enlatados
½ cebolla, picada
3 limas, exprimidas
1 cucharada de aceite de canola
1/8 cucharadita de pimienta negra molida

Preparación

- Mezclar los ingredientes en un bol grande. Revolver suavemente para mezclar.
- Refrigerar las sobras dentro de las 2 horas de preparación.

Nutrition Facts

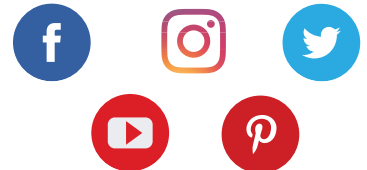
16 servings per container	
Serving size	1 serving (123.48g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes g of Added Sugars	
Protein 4g	
Vitamin D 0mcg	0%
Calcium 24mg	0%
Iron 1mg	6%
Potassium 199mg	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

- ▶ Drenar y enjuagar los vegetales o frijoles enlatados elimina alrededor del 40% de sodio.
- ▶ Este platillo puede servirse como una guarnición, como una cobertura para unos muslos de pollo horneados o como un relleno para tacos.
- ▶ Sustituir un jalapeño cortado por los chiles.

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