

Eat Smart • Move More

Pastel de Calabaza sin Corteza

Tiempo de Preparación: 5 minutos

Tiempo Total: 50 minutos



Ingredientes

Aerosol antiadherente para cocinar
4 huevos, rajados y sin cáscara
15 onzas de zapallo enlatado
8 onzas de leche evaporada
1/3 taza de azúcar
3 cucharaditas de especia de pastel de zapallo
1 cucharadita de extracto de vainilla
1/2 cucharadita de sal

Nutrition Facts

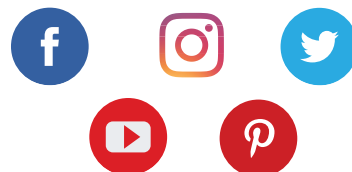
8 servings per container	
Serving size	1 serving (116.43g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 210mg	9%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 8g of Added Sugars	16%
Protein 6g	
Vitamin D 1mcg	6%
Calcium 106mg	8%
Iron 1mg	8%
Potassium 235mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Consejos Rápidos

- ▶ El zapallo es una gran fuente de vitaminas A y C. Además, no contiene grasa, colesterol ni sodio.
- ▶ No elimine las semillas de su zapallo farol de Jack de Halloween. Puede tostarlas y obtener una colación sabrosa y saludable.

Follow us | Like us



www.eatsmartmovemoreva.org

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

- Calentar el horno a 400°F. Rociar un molde para pastel con aerosol antiadherente para cocinar.
- Agregar los huevos al bol y mezclar.
- Luego, agregar el zapallo, la leche evaporada, el azúcar, la especia de pastel de zapallo, la vainilla y la sal. Mezclar hasta lograr una consistencia suave.
- Verter sobre el molde para pastel y hornear durante 15 minutos.
- Bajar la temperatura del horno a 325°F y hornear durante otros 30 minutos o hasta que el pastel esté listo. El pastel está listo cuando al insertar un cuchillo en el centro, éste sale limpio.

(Receta adaptada de: <https://www.verybestbaking.com>)

www.eatsmartmovemoreva.org