

Eat Smart • Move More

Envuelto de Vegetales de la Huerta

Tiempo de Preparación: 10 minutos

Tiempo Total: 15 minutos



Ingredientes

- 1 ½ onzas de queso crema reducido en grasa
- 2 zanahorias, en tiras
- 1 taza de espinaca, picada
- 1 tomate, en dados
- 1 pimiento, picado
- 1 onza de queso cheddar reducido en grasa, en tiras
- 4 tortillas integrales

Nutrition Facts

4 servings per container	
Serving size	1 serving (156.22g)
Amount per serving	
Calories 180	
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 290mg	13%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes g of Added Sugars	
Protein 7g	
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 0mg	2%
Potassium 269mg	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

- ▶ Intente utilizar diferentes vegetales como el aguacate, calabacita, col, coliflor, cebolla y frijoles para realizar este sándwich envuelto.
- ▶ Intente tostar los vegetales antes de realizar el sándwich envuelto.
- ▶ Sustituya el queso crema por yogurt o humus.

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Preparación

- Untar uniformemente cada tortilla con queso crema.
- Colocar las zanahorias, la espinaca, el tomate, el pimiento y el queso sobre el queso crema.
- Enrollar bien y asegurar con un escarbadiante (palillo), si es necesario.

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

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