

Eat Smart • Move More

Ensalada de Melocotón y Tomate

Tiempo de Preparación: 20 minutos

Tiempo Total: 20 minutos



Ingredientes

2 tomates, cortado en trozos
½ libra de melocotones, en rodajas
¼ taza de cebolla, en rodajas finas
1 cucharada de vinagre destilado
1 ½ cucharadita de aceite de oliva
1 cucharadita de miel
1/8 cucharadita de pimienta negra molida
¼ taza de queso mozzarella parcialmente desgrasado, en tiras
2 cucharadas de albahaca, desgarrada

Nutrition Facts

4 servings per container

Serving size

1 serving
(141.46g)

Amount per serving

Calories

70

% Daily Value*

Total Fat	3g	4%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	<5mg	2%
Sodium	55mg	2%
Total Carbohydrate	5g	2%
Dietary Fiber	<1g	4%
Total Sugars	8g	
Includes g of Added Sugars		
Protein	3g	
Vitamin D	0mcg	0%
Calcium	65mg	4%
Iron	0mg	2%
Potassium	253mg	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

- Los melocotones blancos son más dulces que los amarillos.
- Intente agregar otros ingredientes tales como el maíz, nueces pecan o menta.
- Este es un excelente platillo para el verano ya que los melocotones y los tomates se encuentran en temporada durante los meses de verano en Virginia.

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