

Eat Smart • Move More

Tostada con Rabanito y Aguacate

Tiempo de Preparación: 10 minutos

Tiempo Total: 10 minutos



Ingredientes

- 1 aguacate, pisado
- 2 onzas de queso feta, reducido en grasa
- 4 rebanadas de pan integral, tostado
- ½ cebolla, en rodajas finas
- 38 guisantes, en rodajas finas
- 10 rabanitos, en rodajas finas

Nutrition Facts

4 servings per container	
Serving size	1 serving (125.8g)
Amount per serving	
Calories 180	
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 270mg	12%
Total Carbohydrate 18g	7%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes g of Added Sugars	
Protein 8g	
Vitamin D 0mcg	0%
Calcium 79mg	6%
Iron 1mg	8%
Potassium 330mg	8%

*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

- ▶ Para lograr un sabor más dulce suave, utilice una cebolla roja.
- ▶ Los aguacates Florida son generalmente más grandes que la variedad Hass.
- ▶ Conserve la porción remanente de cebolla en el refrigerador para utilizarla con otra receta tal como la de Espárragos Revueltos.

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Preparación

- Cortar el aguacate por la mitad y con una cuchara colocarlo en un bol para mezclar. Aplastar el aguacate y el queso feta para lograr una mezcla cremosa. NOTA: usted puede exprimir el jugo de 1 lima sobre el aguacate para agregarle sabor.
- Untar las tostadas con la mezcla de aguacate y queso feta.
- Colocar encima la cebolla, los guisantes y los rabanitos.

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

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