

Eat Smart • Move More

Ensalada de Espinaca, Cheddar y Manzana

Tiempo de Preparación: 15 minutos

Tiempo Total: 15 minutos



Ingredientes

6 tazas de espinaca, desgarrada
1 manzana grande, sin corazón y en dados
½ taza de queso cheddar reducido en grasa, en tiras
¼ taza de cebolla roja, picada
¼ taza de semillas de girasol
¼ taza de aceite de oliva
¼ taza de vinagre de manzana
3 cucharadas de miel
2 cucharaditas de mostaza Dijon
¼ cucharadita de pimienta negra molida

Nutrition Facts

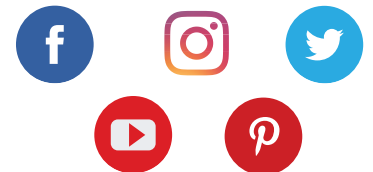
4 servings per container	
Serving size	1 serving (169.46g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 190mg	8%
Total Carbohydrate 25g	9%
Dietary Fiber 3g	11%
Total Sugars 19g	
Includes 13g of Added Sugars	26%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 166mg	15%
Iron 2mg	10%
Potassium 412mg	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 un sabor extra y mejor nutrición, agregar arándanos rojos, almendras o nueces para cubrir.
- ▶ ¡No olvide lavar sus productos frescos antes de cortarlos!

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Preparación

- Colocar en un bol la espinaca, la manzana, el queso, la cebolla y las semillas de girasol.
- En un bol pequeño, batir el aceite, el vinagre, la miel, la mostaza y la pimienta. Luego, verter esta mezcla sobre la ensalada y revolver.

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

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