

Eat Smart • Move More

Ensalada de Verdes Invernales

Tiempo de Preparación: 15 minutos

Tiempo Total: 15 minutos



Ingredientes

4 tazas de vegetales verdes como la col kale, la espinaca o la acelga suiza, desgarrados
1 naranja, pelada y dividida
3 cucharadas de nueces, picadas
2 cucharadas de aceite de canola
2 cucharadas de vinagre destilado
2 cucharadas de cebolla, finamente picada
1 cucharada de jugo de naranja
1 cucharadita de miel
¼ cucharadita de pimienta negra molida

Nutrition Facts

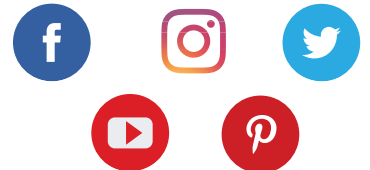
| | |
|-------------------------------|---------------------------|
| 5 servings per container | |
| Serving size | 1 serving (75.43g) |
| Amount per serving | |
| Calories 100 | |
| <small>% Daily Value*</small> | |
| Total Fat 8g | 10% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 20mg | 1% |
| Total Carbohydrate 6g | 2% |
| Dietary Fiber 2g | 7% |
| Total Sugars 4g | |
| Includes 1g of Added Sugars | 2% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 41mg | 4% |
| Iron 1mg | 4% |
| Potassium 215mg | 4% |

*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

- ▶ Pruebe agregar champiñones o rodajas de manzana a la ensalada para lograr un sabor diferente.
- ▶ Puede reemplazar las nueces con rodajas de almendras.
- ▶ Cocine lo que tiene a mano. ¡Aprender a reemplazar alimentos en las recetas puede ahorrarle dinero!

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Preparación

- Agregar los vegetales verdes, la naranja y las nueces a un bol. Revolver para mezclar.
- En un bol aparte, batir el aceite, el vinagre, el jugo, la miel y la cebolla.
- Verter sobre la ensalada y condimentar con pimienta negra molida. Revolver para combinar.

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

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