

# Eat Smart • Move More

## Sartén de Cerdo y Manzanas

Tiempo de Preparación: 15 minutos

Tiempo Total: 50 minutos



### Ingredientes

- 4 chuletas de lomo de cerdo
- 1 cucharadita de canela molida
- ½ cucharadita de pimienta negra molida
- 2 cucharaditas de aceite de oliva
- 4 manzanas, sin corazón y en rodajas finas
- 1/3 taza de agua

### Nutrition Facts

4 servings per container		
<b>Serving size</b>		<b>1 serving</b>
		<b>(289.81g)</b>
<b>Amount per serving</b>		
<b>Calories</b>		<b>290</b>
		<b>% Daily Value*</b>
<b>Total Fat</b>	14g	<b>18%</b>
Saturated Fat	4g	<b>20%</b>
Trans Fat	0g	
<b>Cholesterol</b>	50mg	<b>17%</b>
<b>Sodium</b>	70mg	<b>3%</b>
<b>Total Carbohydrate</b>	26g	<b>9%</b>
Dietary Fiber	5g	<b>18%</b>
Total Sugars	19g	
Includes g of Added Sugars		
<b>Protein</b>	19g	
Vitamin D	0mcg	<b>0%</b>
Calcium	26mg	<b>2%</b>
Iron	1mg	<b>4%</b>
Potassium	494mg	<b>10%</b>

\*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

- ▶ Siempre lave los productos frescos antes de cortarlos.
- ▶ Consejo de seguridad alimentaria: el cerdo se encuentra cocinado completamente cuando la temperatura interna en el termómetro alcanza los 145°F.
- ▶ Acompañe este platillo con brócoli hervido o Coles de Bruselas.

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### Preparación

- Condimentar las chuletas de cerdo con la canela y la pimienta negra.
- Calentar el aceite en una sartén sobre calor medio. Agregar las chuletas de cerdo y dorar en ambos lados.
- Agregar las manzanas y el agua a la sartén. Cubrir y reducir el calor a medio-bajo. Cocinar durante 10-12 minutos o hasta que la chuleta alcance los 145°F.

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

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