

# Eat Smart • Move More

## Arroz Español

Tiempo de Preparación: 10 minutos

Tiempo Total: 30 minutos



### Ingredientes

- 1 cucharada de aceite de canola
- 2 tazas de arroz integral, cocido
- 1 cebolla, picada
- ½ taza de salsa

### Nutrition Facts

4 servings per container		<b>1 serving</b>
<b>Serving size</b>		<b>(297.33g)</b>
<b>Amount per serving</b>		<b>240</b>
<b>Calories</b>		
<b>% Daily Value*</b>		
<b>Total Fat</b>	5g	<b>6%</b>
Saturated Fat	0.5g	<b>3%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	240mg	<b>10%</b>
<b>Total Carbohydrate</b>	44g	<b>16%</b>
Dietary Fiber	3g	<b>11%</b>
Total Sugars	6g	
Includes g of Added Sugars		
<b>Protein</b>	5g	
Vitamin D	0mcg	<b>0%</b>
Calcium	34mg	<b>2%</b>
Iron	1mg	<b>6%</b>
Potassium	303mg	<b>6%</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

- ▶ Agregue algunos frijoles como frijoles rojos o negros, como proteína y fibra extra.
- ▶ El arroz integral duplica su tamaño cuando se cocina. 1 taza de arroz seco = 2 tazas arroz cocido.
- ▶ Complemente con nuestra receta de Quesadilla de Pollo para lograr un platillo completo.

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### Preparación

- Cocinar el arroz de acuerdo a las instrucciones del paquete.
- Calentar el aceite en una sartén sobre fuego medio. Añadir la cebolla y cocinar hasta que esté tierna, alrededor de 5 minutos.
- Añadir el arroz a la sartén, revolviendo frecuentemente. Cuando el arroz comience a dorarse, añadir la salsa.
- Reducir el fuego y cubrir hasta que todo el líquido se absorba.

(Receta adaptada de: <http://allrecipes.com>.)

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