

Eat Smart • Move More

Salsa de Frijoles

Tiempo de Preparación: 5 minutos

Tiempo Total: 10 minutos



Ingredientes

- 15 onzas de frijoles rojos en lata, escurridos y enjuagados
- ¼ taza de agua
- 1 cucharada de vinagre
- ¾ cucharadita de chile en polvo
- ⅛ cucharadita de comino molido
- 1 taza de queso cheddar reducido en grasa, en tiras
- ⅛ cucharadita de cebolla en polvo
- 3 tazas de sus vegetales favoritos, en rodajas

Nutrition Facts

6 servings per container	
Serving size	1 serving (165.4g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 380mg	17%
Total Carbohydrate 17g	6%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes g of Added Sugars	
Protein 10g	
Vitamin D 0mcg	0%
Calcium 190mg	15%
Iron 1mg	6%
Potassium 384mg	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

- Las zanahorias, el apio y los pimientos constituyen muy buenas opciones de vegetales para esta salsa.
- También pueden servirse con pan árabe (pita) integral o junto con la receta de Chips de Tortillas Caseras.
- ¡Esta salsa es una buena fuente de fibra y proteína!

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Preparación

- Colocar los frijoles, el agua, el vinagre, el chile en polvo y el comino en una licuadora. Homogeneizar hasta lograr una consistencia suave.
- Remover de la licuadora y colocar en un bol.
- Agregar el queso y la cebolla en polvo.
- Servir con vegetales.

(Receta de: <https://www.myplate.gov>.)

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