

# Eat Smart • Move More

## Salsa de Frijoles y Queso

Tiempo de Preparación: 5 minutos

Tiempo Total: 5 minutos



### Ingredientes

- 15 onzas de frijoles refritos, en lata
- 15 onzas de salsa
- 1 cucharadita de aderezo como comino o ajo en polvo (opcional)
- ½ taza de queso cheddar reducido en grasa, en tiras
- 8 pimientos, cortados en tiras

### Nutrition Facts

16 servings per container	
<b>Serving size</b>	<b>1 serving (131.76g)</b>
<b>Amount per serving</b>	
<b>Calories 60</b>	
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>2%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 3g	
Includes g of Added Sugars	
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 55mg	<b>4%</b>
Iron 1mg	<b>4%</b>
Potassium 293mg	<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

- ▶ Probar nuestra receta de Salsa Fresca con menor contenido de sodio, en vez de utilizar una salsa comprada.
- ▶ Puede servirse con zanahorias, tomates, pan árabe integral o nuestra receta de Chips de Tortillas Caseras.
- ▶ Para agregar un poco de picante, utilizar hojuelas de pimienta roja.

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### Preparación

- Mezclar los frijoles refritos, la salsa y el aderezo (si lo utiliza) en un bol apto para microondas.
- Calentar durante 2 minutos, luego revolver.
- Cubrir con queso. Puede servirse caliente o frío junto con las tiras de pimiento.

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

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