

# Eat Smart • Move More

## Repollo Colorido

Tiempo de Preparación: 20 minutos

Tiempo Total: 20 minutos



### Ingredientes

- 2 cucharadas de miel
- 1 ½ cucharadas de vinagre
- 1 cucharada de aceite de canola
- ½ cucharadita de pimienta negra molida
- ¼ de cabeza de col verde, en tiras
- ⅛ de cabeza de col rojo, en tiras
- ½ pimiento, picado fino
- 1 zanahoria, rallada
- ⅓ cebolla, picada fina

### Nutrition Facts

6 servings per container		
<b>Serving size</b>		<b>1 serving</b>
		<b>(87.44g)</b>
<b>Amount per serving</b>		<b>60</b>
<b>Calories</b>		
<hr/>		
		<b>% Daily Value*</b>
<b>Total Fat</b>	2.5g	<b>3%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	15mg	<b>1%</b>
<b>Total Carbohydrate</b>	11g	<b>4%</b>
Dietary Fiber	2g	<b>7%</b>
Total Sugars	8g	
Includes 6g of Added Sugars		<b>12%</b>
<b>Protein</b>	<1g	
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Vitamin D	0mcg	<b>0%</b>
Calcium	25mg	<b>0%</b>
Iron	0mg	<b>0%</b>
Potassium	146mg	<b>4%</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

- ▶ Esta ensalada de col crujiente y picante es excelente para acompañar pollo, res o cerdo desmenuzado o solo como guarnición.
- ▶ ¿Tiene sobras de col? Utilícelas para hervir, saltar o asar para otra comida.
- ▶ Siempre lave los productos frescos antes de cortarlos o comerlos.

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### Preparación

- Mezclar la miel, el vinagre, el aceite y la pimienta negra en un bol y revolver bien.
- Agregar el repollo, el pimiento, la zanahoria y la cebolla al bol y revolver bien.
- Cubrir y refrigerar hasta que este frío.

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

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