

# Eat Smart • Move More

## Puré de Papas al Ajo

Tiempo de Preparación: 10 minutos

Tiempo Total: 30 minutos



### Ingredientes

- 8 papas, cortadas
- 1/3 taza de leche al 1%
- 1/4 taza de queso crema, reducido en grasa
- 4 dientes de ajo, picados
- 1/2 cucharadita de sal
- 1/8 cucharadita de pimienta negra molida



### Preparación



1. Colocar las papas en una cacerola. Agregar agua hasta cubrir.



2. Tapar y llevar a hervor hasta que las papas estén tiernas, aproximadamente 10-15 minutos.



3. Colar y transferir las papas a un bol para mezclar. Agregar los ingredientes restantes.



4. Pisar las papas hasta lograr la consistencia deseada. ¡A disfrutar!

### Nutrition Facts

8 servings per container  
Serving size **1 serving**  
(191.07g)

Amount per serving  
**Calories 180**

		% Daily Value*
<b>Total Fat</b>	1g	<b>1%</b>
Saturated Fat	0.5g	<b>3%</b>
Trans Fat	0g	
<b>Cholesterol</b>	<5mg	<b>2%</b>
<b>Sodium</b>	180mg	<b>8%</b>
<b>Total Carbohydrate</b>	39g	<b>14%</b>
Dietary Fiber	4g	<b>14%</b>
Total Sugars	2g	
Includes g of Added Sugars		
<b>Protein</b>	5g	
Vitamin D	0mcg	<b>0%</b>
Calcium	55mg	<b>4%</b>
Iron	2mg	<b>10%</b>
Potassium	986mg	<b>20%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

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