

Eat Smart • Move More

Papas al Horno

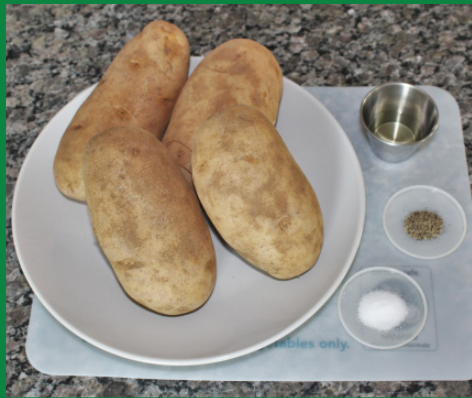
Tiempo de Preparación: 5 minutos

Tiempo Total: 45 minutos



Ingredientes

- 4 cucharaditas de aceite de canola, divididas
- 4 papas para asar, cortadas en tiras de ¼ de pulgada
- ½ cucharadita de sal
- ¼ cucharadita de pimienta negra molida



Preparación



1. Calentar el horno a 450°F.
2. Pincelar una placa para horno con 2 cucharaditas de aceite.



3. Colocar las tiras de papa sobre la placa para horno en una sola capa.
4. Condimentar las papas con sal y pimienta.



5. Espolvorear las 2 cucharadas restantes de aceite sobre las papas.



6. Hornear durante 25 minutos, rotando las papas cada 10 minutos. Cocinar un tiempo adicional si los bordes no están dorados.

Nutrition Facts

8 servings per container
Serving size 1 serving
(89.21g)

Amount per serving
Calories 100

		% Daily Value*
Total Fat	2.5g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	150mg	7%
Total Carbohydrate	18g	7%
Dietary Fiber	2g	7%
Total Sugars	1g	
Includes g of Added Sugars		
Protein	2g	
Vitamin D	0mcg	0%
Calcium	13mg	0%
Iron	1mg	6%
Potassium	464mg	10%

* 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.

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(Receta adaptada de Montana State University Extension Service recetas, listada en: <https://www.myplate.gov>.)

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