



Ensalada de Manzana

Ingredientes:

- 1 cucharada de jugo de naranja
- 2 cucharadas de aderezo para ensalada o mayonesa
- 2 tazas de manzanas picadas
- 1 taza de apio picado
- ½ taza de pasitas
- ½ taza de nueces

Instrucciones:

1. Mezcle el jugo de naranja con el aderezo para ensalada o mayonesa.
2. Revuelva bien las manzanas, apio, pasitas y nueces con la mezcla anterior.

Rinde 8 raciones

Nutrition Facts			
Serving Size ½ cup			
Servings Per Recipe 8			
Amount Per Serving			
Calories	110	Calories from Fat	50
% Daily Value *			
Total Fat	6g		9%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	45mg		2%
Total Carbohydrate	15g		5%
Dietary Fiber	2g		8%
Sugars	11g		
Protein	2g		
Vitamin A	2%	Vitamin C	4%
Calcium	2%	Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
46% calories from fat			

Fuente: Food and Nutrition Calendar 2004
Fresh Ideas for Fit Families
University of Kentucky Cooperative Extension Service



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.

