



## Comida Fácil al Sartén

### Ingredientes:

- ¾ libras de carne de res magra molida o pavo molido
- 1 taza de cebolla picada
- 1 taza de pimiento verde picado
- ½ taza de pasta de coditos crudos (macarrones elbows)
- 1 lata de 14 onzas de tomates sin sal
- ½ cucharadita de sal si lo desea
- 1 cucharadita de polvo chile en polvo
- ½ taza de agua

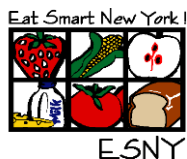
### Instrucciones:

1. En un sartén dore la carne bien y escurra la grasa.
2. Agregue las cebolla, el pimiento verde y cocine hasta que estén tiernos.
3. Una vez la carne esté cocida, agréguele los macarrones y los demás ingredientes. Tape y cocine a fuego lento hasta que se ablanden los macarrones.

Rinde: 6 porciones

Nutrition Facts			
Serving Size: ½ cup			
Servings Per Recipe: 6			
Amount Per Serving			
Calories	117	Calories from Fat	29
% Daily Value *			
<b>Total Fat</b>	<b>3g</b>		5%
Saturated Fat	1g		6%
Trans Fat	0g		
<b>Cholesterol</b>	<b>14mg</b>		5%
<b>Sodium</b>	<b>64mg</b>		3%
<b>Total Carbohydrate</b>	<b>16g</b>		5%
Dietary Fiber	2g		7%
Sugars	4g		
<b>Protein</b>	<b>7g</b>		
Vitamin A	5%	Vitamin C	34%
Calcium	3%	Iron	9%
* 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
<b>25% calories from fat</b>			
Analysis based on a recipe with no salt added.			

Fuente: Cornell University Cooperative Extension in New York City



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

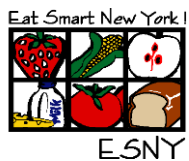
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Cooperative Extension  
New York City



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