



Aderezo a la Vinagreta Bajo en Calorias

Ingredientes:

- 3 cucharadas de aceite vegetal
- 5 cucharadas de vinagre rojo
- 2 cucharadas de jugo de limón
- 6 cucharadas de agua
- 1 cucharada de mostaza
- 1 diente de ajo picado
- 2 cucharada de cebolla bien picada
- 1 cucharada de azúcar
- 1/8 cucharadita de pimienta
- 1 cucharadita de albahaca seca

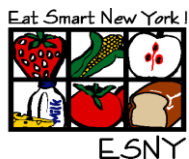
Instrucciones:

1. Combine los ingredientes en un frasco (una jarra) con tapa.
2. Agíte hasta que los ingredientes se mezclen bien.

Rinde: 8 porciones

Fuente: Cornell University Cooperative Extension in New York City

Nutrition Facts			
Serving Size: 1/8 recipe (1.3 ounces)			
Servings Per Recipe: 8			
Amount Per Serving			
Calories	60	Calories from Fat	45
% Daily Value *			
Total Fat	5g		8%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	25mg		1%
Total Carbohydrate	2g		1%
Dietary Fiber	0g		0%
Sugars	2g		
Protein	0g		
Vitamin A	0%	Vitamin C	4%
Calcium	0%	Iron	0%
* 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
75% calories from fat			



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

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