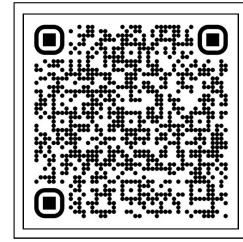




Cornell University
Cooperative Extension
New York City



Ensalada de Zanahorias y Pasas

Ingredientes:

- 6 zanahorias medianas
- ¾ de taza de pasas
- 2 cucharadas de yogur simple o “plain” bajo en grasa
o mayonesa baja en grasa
- 1 cucharada de jugo de naranja

Instrucciones:

1. Lave y restriega las zanahorias con un cepillo para vegetales. Ralle las zanahorias usando un rallador.
2. En un recipiente grande, mezcle bien todos los ingredientes.
3. Ponga en el refrigerador hasta servir.

Rinde: 6 porciones, ½ taza cada una

Fuente: Cornell University Cooperative Extension in New York City

Nutrition Facts

servings per container	
Serving size	1/2 cup (88g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 18g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 1mg	6%
Potassium 357mg	8%

*The % Daily Value 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.

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.

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