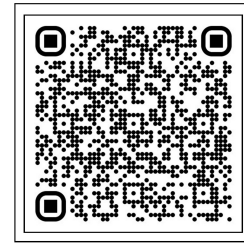


**Cornell University**  
Cooperative Extension  
New York City



## Salsa de Frijoles Confeti

### Ingredientes:

- 1 lata de 15 onzas de frijoles negros o rojos
- 1 lata de 11 onzas de maíz
- 1 taza salsa

### Instrucciones:

1. Drene y enjuague los frijoles.
2. Drene el maíz.
3. Combine los frijoles, el maíz, y la salsa en un contenedor mediano. Mezcle.

### Nota:

Si le gustan las salsas picantes, agregue unas gotas de salsa picante o chiles verdes rebanados. Intente cilantro, perejil, o pimiento verde también.

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>1/2 cup (163g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 560mg	<b>24%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D --mcg	--%
Calcium 22mg	2%
Iron 1mg	6%
Potassium 256mg	6%
*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.	

*Rinde: 6 porciones, 1/2 taza cada una*

**Fuente:** Adaptada de: The Power of Choice Food and Nutrition Service, USDA and Food and Drug Administration, DHHS



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

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