



Cornell University
Cooperative Extension
New York City



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
- 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 coditos y los demás ingredientes. Tape y cocine a fuego lento hasta que se ablanden los macarrones.

Nutrition Facts

servings per container
Serving size 1 cup (204g)

Amount per serving
Calories 180

% Daily Value*

Total Fat 6g 8%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 440mg 19%

Total Carbohydrate 14g 5%

Dietary Fiber 2g 7%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 16g

Vitamin D 0mcg 0%

Calcium 19mg 2%

Iron 2mg 10%

Potassium 443mg 10%

*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 taza cada una

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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