



Cornell University
 Cooperative Extension
 New York City



Ensalada de Manzana

Ingredientes:

- 1 cucharada de jugo de naranja
- 2 cucharadas de aderezo para ensalada o mayonesa
- 2 tazas de manzanas picadas
- 1 taza de apio picado
- ½ taza de pasas
- ½ taza de nueces

Instrucciones:

1. Mezcle el jugo de naranja con el aderezo para ensalada o mayonesa.
2. Revuelva bien las manzanas, apio, pasas y nueces con la mezcla anterior.

Rinde 8 porciones, 1/3 taza cada una

Nutrition Facts

servings per container
Serving size 1/3 cup (67g)

Amount per serving
Calories **120**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **2%**

Total Carbohydrate 15g **5%**

Dietary Fiber 2g **7%**

Total Sugars 11g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 19mg **2%**

Iron 1mg **6%**

Potassium 201mg **4%**

*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.

Fuente: Food and Nutrition Calendar 2004
 Fresh Ideas for Fit Families University of Kentucky Cooperative Extension Service



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

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