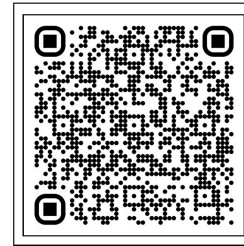


Cornell University
 Cooperative Extension
 New York City



Arroz Frito

Ingredientes:

- 2 huevos
- 1½ cucharadas de aceite vegetal
- 1 cebolla picada
- ½ taza apio americano o pimiento verde picado
- 4 tazas de arroz cocido frío
- 2 cucharadas de salsa soya “light”

Instrucciones:

1. Bata los huevos en un recipiente pequeño. Caliente ½ cucharada de aceite en un sartén. Revuelva los huevos cortándolos en pedacitos pequeños mientras se cocinan. Ponga a un lado en un recipiente limpio.
2. Sofría bien la cebolla, el apio o el pimiento verde en 1 cucharada de aceite por dos minutos.
3. Agregue el arroz cocido, al huevo revuelto, la salsa de soya, el jamón, camarones, o pollo cocido en cubitos si lo desea. Mezcle bien. Cocine a fuego lento.

Rinde 4 porciones, 1 taza cada una

Nutrition Facts

servings per container	
Serving size	1 cup (223g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 480mg	21%
Total Carbohydrate 44g	16%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 1mcg	6%
Calcium 42mg	4%
Iron 1mg	6%
Potassium 182mg	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: 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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