



Cornell University
Cooperative Extension
New York City



Aderezo de Vinagreta Bajo en Calorías

Ingredientes:

- 3 cucharadas de aceite vegetal
- 5 cucharadas de vinagre rojo
- 2 cucharadas de jugo de limón
- 6 cucharadas de agua
- 1 cucharada de mostaza
- 1 diente de ajo picado
- 2 cucharada de cebolla bien picada
- 1 cucharada de azúcar
- 1/8 cucharadita de pimienta
- 1 cucharadita de albahaca seca

Instrucciones:

1. Combine los ingredientes en un frasco o una jarra con tapa.
2. Agíte hasta que los ingredientes se mezclen bien.

Rinde: 8 porciones, 2 1/3 cucharadas cada una

Fuente: Cornell University Cooperative Extension in New York City

Nutrition Facts	
servings per container	
Serving size	2 1/3 tablespoons (35g)
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 24mg	0%
*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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