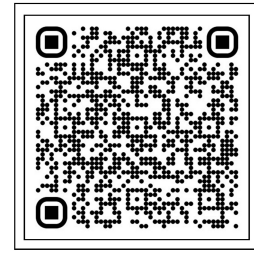




Cornell University
Cooperative Extension
New York City



Salsa Ranchera Baja en Grasa con Vegetales

Ingredientes:

- 1 paquete de aderezo ranchero para ensaladas
- 1 taza de crema agria baja en grasa
- 2 tazas de yogur simple bajo en grasa
- 1 libra de zanahorias o baby carrots
- 1 libra de hongos, lavados y rebanados
- 1 libra de pepinos, pelados y rebanados
- 1 libra de pimientos verdes, lavados y rebanados
- 1 libra de pimientos rojos, lavados y rebanados

Instrucciones:

1. Combine el aderezo ranchero, la crema agria y el yogur en un tazón; mezcle bien.
2. Coloque los vegetales preparados en un plato o en una bandeja.
3. ¡Unte los vegetales en la salsa y disfrute!

Rinde como 8 porciones, 3 cucharadas de salsa con 1/8 de vegetales cada una

Nutrition Facts

servings per container
Serving size 3 tablespoons of dressing (373g)
with 1/8 of vegetables

Amount per serving
Calories **150**

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 320mg	14%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	18%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 199mg	15%
Iron 1mg	6%
Potassium 617mg	15%

*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.

Source: Cornell Cooperative Extension of Cayuga County



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

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This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.

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