



Cornell University  
Cooperative Extension  
New York City



## “Spread” de Atún y Zanahorias

### Ingredientes:

- 1 lata de 6 onzas de atún en agua, escurrida
- 1 zanahoria rallada
- 2 cucharadas de mayonesa baja en grasa
- 2 cucharadas de cebolla, picada
- 2 cucharadas de cilantro, picado

### Instrucciones:

- 1. Mezcle bien los ingredientes y unte la mezcla sobre pan de trigo integral o galletas.

Rinde: 4 porciones, 5 cucharadas cada una

## Nutrition Facts

servings per container  
**Serving size** 5 tablespoons (74g)

Amount per serving  
**Calories** **70**

	% Daily Value*
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	
Vitamin D 1mcg	<b>6%</b>
Calcium 15mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 148mg	<b>4%</b>

\*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.

## “Spread” de Atún y Zanahorias con Aguacate

### Ingredientes:

- 1 lata de 6 onzas de atún en agua, escurrido
- 1 zanahoria rallada
- ½ de un aguacate mediano, machacado o majado
- ½ cucharadita de zumo de lima, para que le aguacate no cambie de color
- 2 cucharadas de cebolla, picada
- 2 cucharadas de cilantro, picado

### Instrucciones:

- 1. Mezcle bien los ingredientes y unte la mezcla sobre pan de trigo integral o galletas.

Rinde: 4 porciones, 5.4 cucharadas cada una

## Nutrition Facts

servings per container  
**Serving size** 5.4 tablespoons (81g)

Amount per serving  
**Calories** **70**

	% Daily Value*
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	
Vitamin D 1mcg	<b>6%</b>
Calcium 16mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 221mg	<b>4%</b>

\*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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