



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:

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

Rinde: 4 porciones

Nutrition Facts

Serving Size (70g)
Servings Per Container 4

Amount Per Serving

Calories	80	Calories from Fat	25
% Daily Value*			
Total Fat	3g	5%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	15mg	5%	
Sodium	80mg	3%	
Total Carbohydrate	3g	1%	
Dietary Fiber	1g	4%	
Sugars	1g		
Protein	11g		
Vitamin A 50% • Vitamin C 2%			
Calcium 2%		• Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Calories	2,000	2,500	
Total Fat	Less than 65g	80g	
Saturated Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Analysis based on recipe without bread or crackers included.

“Spread” de Atún y Zanahorias con Aguacate

Ingredientes:

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

Instrucciones:

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

Rinde: 4 porciones

Nutrition Facts

Serving Size (89g)
Servings Per Container 4

Amount Per Serving

Calories	100	Calories from Fat	35
% Daily Value*			
Total Fat	4g	6%	
Saturated Fat	0.5g	3%	
Trans Fat	0g		
Cholesterol	15mg	5%	
Sodium	35mg	1%	
Total Carbohydrate	4g	1%	
Dietary Fiber	2g	8%	
Sugars	1g		
Protein	12g		
Vitamin A 50% • Vitamin C 6%			
Calcium 2%		• Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Calories	2,000	2,500	
Total Fat	Less than 65g	80g	
Saturated Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Analysis based on recipe without bread or crackers included.

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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