

Ensalada de Repollo

4 Porciones • 1 Porción = ½ Taza



INGREDIENTES

- ¼ de repollo verde o rojo grande cortado en tiras finitas
- Jugo de 1 lima
- ½ cucharadita de sal
- ¼ taza de cilantro picado

INDICACIONES

1. Coloque el repollo en un recipiente grande.
2. Vierta el jugo de lima sobre el repollo y condimente con sal. Revuelva bien.
3. Agregue el cilantro y revuelva. Deje que el plato se asiente durante por lo menos 10 minutos antes de servir.

Nutrition Facts

4 servings per container
Serving size 1/2 cup

Amount per serving
Calories 10

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 7%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 12mg 0%

Iron 0mg 0%

Potassium 14mg 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.

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