

Salsa Ranchera

8 Porciones • 1 Porción = 2 Cucaradas



INGREDIENTES

- 1 taza de yogur griego natural de bajo contenido graso o descremado
- Jugo de 1 limón
- 2 cucharadas de perejil seco
- 2 cucharadas de cebollín seco
- 1 cucharadita de eneldo seco
- ¼ cucharadita de sal

INDICACIONES

1. Mezcle todos los ingredientes en un recipiente y revuelva bien.
2. Tape y guarde la salsa en el refrigerador durante por lo menos 30 minutos antes de servir.

Nutrition Facts

8 servings per container

Serving size 2 Tablespoons

Amount per serving

Calories 20

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 85mg 4%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 38mg 2%

Iron 0mg

Potassium 57mg 2%

*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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