



Hechos Nutricionales del libro de cocina

¿Cómo leer una etiqueta de nutrición?

Paso 1: Serving Size (Tamaño de la porción): Nos dice la cantidad de comida a la que se refiere la información de la que se habla a continuación

Paso 2: Sugar (Azúcar): Nuestro cuerpo sólo necesita 12 gramos de azúcar (3 cubitos de azúcar), así que queremos asegurarnos que lo que comemos sea bajo en azúcar

Paso 3: Saturated Fat (Grasas saturadas): Recuerda, la mayor parte de las grasas saturadas son perjudiciales. Es importante comer alimentos que tengan sólo una pequeña cantidad de grasa saturada

Paso 4: Sodium (Sodio): Sólo necesitamos una muy pequeña cantidad de sal al día para estar saludables

Paso 5: Fiber (Fibra): ¡Te “ayuda a ir al baño”! Cuanta más fibra, más saludable y mejor. Las comidas altas en fibra nos ayudan a sentirnos llenos durante más tiempo

Paso 6: Protein (Proteínas): Para hacernos más fuertes e inteligentes necesitamos proteínas. Es importante para nuestro cerebro, corazón, músculos, huesos y todas las partes del cuerpo. Podemos obtenerla de plantas, frutos secos y carnes magras.



Hechos Nutricionales del libro de cocina

Guía de Traducción para los Hechos de Nutrición

Inglés = Español

- Servings = Porciones
- Amount Per Serving = Cantidad por porción
- Calories = Calorías
- % Daily Value = Porcentaje del valor diario
- Total Fat = Grasa total
- Saturated Fat = Grasa saturada
- Monounsaturated Fat = Grasa monoinsaturada
- Polyunsaturated Fat = Grasa poliinsaturada
- Trans Fat = Grasa trans
- Cholesterol = Colesterol
- Sodium = Sodio
- Potassium = Potasio
- Total Carbohydrate = Carbohidrato total
- Dietary Fiber = Fibra dietaria
- Sugars = Azúcares
- Protein = Proteína
- Vitamin A = Vitamina A
- Vitamin C = Vitamina C
- Calcium = Calcio
- Iron = Hierro

Hechos de Nutrición

DESAYUNO

9. Cacerola mexicana de desayuno

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 269	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 372 mg	124 %
Sodium 287 mg	12 %
Potassium 708 mg	20 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 6 g	23 %
Sugars 4 g	
Protein 18 g	36 %
Vitamin A	57 %
Vitamin C	140 %
Calcium	15 %
Iron	19 %

10. Cuencos mexicanos de desayuno

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 145	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 25 mg	8 %
Sodium 149 mg	6 %
Potassium 108 mg	3 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 1 g	4 %
Sugars 2 g	
Protein 8 g	16 %
Vitamin A	62 %
Vitamin C	3 %
Calcium	1 %
Iron	3 %

Hechos de Nutrición

11. Tazones (Cuencos) mexicanos de desayuno

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 108	
% Daily Value *	
Total Fat 6 g	10 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 158 mg	53 %
Sodium 267 mg	11 %
Potassium 178 mg	5 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 2 g	7 %
Sugars 2 g	
Protein 8 g	16 %
Vitamin A	5 %
Vitamin C	2 %
Calcium	8 %
Iron	5 %

12. Pancakes de avena cocida y plátano

Nutrition Facts	
Servings 2.0	
Amount Per Serving	
calories 259	
% Daily Value *	
Total Fat 7 g	10 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 186 mg	62 %
Sodium 93 mg	4 %
Potassium 590 mg	17 %
Total Carbohydrate 43 g	14 %
Dietary Fiber 5 g	21 %
Sugars 16 g	
Protein 10 g	20 %
Vitamin A	7 %
Vitamin C	18 %
Calcium	4 %
Iron	12 %

Hechos de Nutrición

13. Avena en olla de cocción lenta

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 168	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 4 mg	0 %
Potassium 291 mg	8 %
Total Carbohydrate 40 g	13 %
Dietary Fiber 4 g	16 %
Sugars 23 g	
Protein 3 g	5 %
Vitamin A	0 %
Vitamin C	3 %
Calcium	4 %
Iron	8 %

14. Emparedado de desayuno saludable

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 290	
% Daily Value *	
Total Fat 9 g	13 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 186 mg	62 %
Sodium 444 mg	19 %
Potassium 450 mg	13 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 6 g	25 %
Sugars 8 g	
Protein 16 g	33 %
Vitamin A	38 %
Vitamin C	72 %
Calcium	23 %
Iron	18 %

Hechos de Nutrición

15. Quiche de vegetales sin corteza

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 187	
% Daily Value *	
Total Fat 6 g	10 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 151 mg	50 %
Sodium 527 mg	22 %
Potassium 310 mg	9 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 2 g	6 %
Sugars 6 g	
Protein 17 g	33 %
Vitamin A	49 %
Vitamin C	87 %
Calcium	26 %
Iron	14 %

16. Yogur saludable perfecto

Nutrition Facts	
Servings 2.0	
Amount Per Serving	
calories 300	
% Daily Value *	
Total Fat 23 g	35 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 35 mg	1 %
Potassium 45 mg	1 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 6 g	24 %
Sugars 11 g	
Protein 11 g	22 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	8 %

Hechos de Nutrición

17. Galletas de desayuno de tres ingredientes

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 66	
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 148 mg	4 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 2 g	7 %
Sugars 4 g	
Protein 2 g	3 %
Vitamin A	0 %
Vitamin C	5 %
Calcium	0 %
Iron	3 %

18. Cuencos de burrito de desayuno

Nutrition Facts	
Servings 2.0	
Amount Per Serving	
calories 260	
% Daily Value *	
Total Fat 11 g	18 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 279 mg	93 %
Sodium 247 mg	10 %
Potassium 194 mg	6 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 4 g	14 %
Sugars 5 g	
Protein 14 g	28 %
Vitamin A	26 %
Vitamin C	141 %
Calcium	10 %
Iron	14 %

Hechos de Nutrición

19. Súper huevos revueltos de vegetales

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 177	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 187 mg	62 %
Sodium 128 mg	5 %
Potassium 188 mg	5 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 1 g	4 %
Sugars 2 g	
Protein 9 g	17 %
Vitamin A	28 %
Vitamin C	46 %
Calcium	7 %
Iron	8 %

20. Emparedado waffle de manteca de cacahuete (maní) y plátano

Nutrition Facts	
Servings 2.0	
Amount Per Serving	
calories 390	
% Daily Value *	
Total Fat 19 g	30 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 433 mg	18 %
Potassium 351 mg	10 %
Total Carbohydrate 45 g	15 %
Dietary Fiber 10 g	42 %
Sugars 12 g	
Protein 11 g	22 %
Vitamin A	1 %
Vitamin C	9 %
Calcium	2 %
Iron	11 %

Hechos de Nutrición

21. Avena instantánea casera

Nutrition Facts	
Servings 20.0	
Amount Per Serving	
calories 220	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 6 mg	0 %
Potassium 205 mg	6 %
Total Carbohydrate 38 g	13 %
Dietary Fiber 6 g	26 %
Sugars 4 g	
Protein 7 g	14 %
Vitamin A	0 %
Vitamin C	5 %
Calcium	2 %
Iron	12 %

22. Copos de avena hechos de manera fácil durante la noche

Nutrition Facts	
Servings 2.0	
Amount Per Serving	
calories 471	
% Daily Value *	
Total Fat 17 g	26 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 92 mg	4 %
Potassium 545 mg	16 %
Total Carbohydrate 70 g	23 %
Dietary Fiber 16 g	63 %
Sugars 8 g	
Protein 19 g	38 %
Vitamin A	6 %
Vitamin C	4 %
Calcium	33 %
Iron	25 %

Hechos de Nutrición

23. Tostada francesa

Nutrition Facts	
Servings 2.0	
Amount Per Serving	
calories 336	
% Daily Value *	
Total Fat 11 g	17 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 197 mg	66 %
Sodium 460 mg	19 %
Potassium 122 mg	3 %
Total Carbohydrate 47 g	16 %
Dietary Fiber 6 g	22 %
Sugars 13 g	
Protein 16 g	32 %
Vitamin A	10 %
Vitamin C	11 %
Calcium	22 %
Iron	19 %

24. Guarnición extra para el desayuno: Patatas asadas de desayuno

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 332	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 245 mg	10 %
Potassium 1518 mg	43 %
Total Carbohydrate 64 g	21 %
Dietary Fiber 6 g	23 %
Sugars 5 g	
Protein 8 g	15 %
Vitamin A	19 %
Vitamin C	168 %
Calcium	5 %
Iron	15 %

Hechos de Nutrición

ALMUERZO

25. Quesadillas vegetarianas

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 356	
% Daily Value *	
Total Fat 12 g	19 %
Saturated Fat 6 g	28 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 684 mg	29 %
Potassium 296 mg	8 %
Total Carbohydrate 43 g	14 %
Dietary Fiber 6 g	23 %
Sugars 4 g	
Protein 18 g	36 %
Vitamin A	12 %
Vitamin C	56 %
Calcium	58 %
Iron	17 %

26. Wraps (Envoltorios) de carne para el almuerzo

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 415	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 6 g	28 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 45 mg	15 %
Sodium 561 mg	23 %
Potassium 652 mg	19 %
Total Carbohydrate 43 g	14 %
Dietary Fiber 10 g	40 %
Sugars 11 g	
Protein 32 g	65 %
Vitamin A	48 %
Vitamin C	455 %
Calcium	40 %
Iron	16 %

Hechos de Nutrición

27. Ensalada vegetariana de quinoa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 547	
% Daily Value *	
Total Fat 28 g	43 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 15 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 5 mg	2 %
Sodium 664 mg	28 %
Potassium 403 mg	12 %
Total Carbohydrate 54 g	18 %
Dietary Fiber 5 g	21 %
Sugars 6 g	
Protein 19 g	38 %
Vitamin A	15 %
Vitamin C	27 %
Calcium	26 %
Iron	28 %

28. Torta de ensalada de huevo

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 182	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 187 mg	62 %
Sodium 444 mg	18 %
Potassium 170 mg	5 %
Total Carbohydrate 28 g	9 %
Dietary Fiber 6 g	24 %
Sugars 6 g	
Protein 16 g	31 %
Vitamin A	179 %
Vitamin C	40 %
Calcium	6 %
Iron	10 %

Hechos de Nutrición

29. Ensalada de pollo súper buena

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 193	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 301 mg	100 %
Sodium 751 mg	31 %
Potassium 1102 mg	31 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 0 g	1 %
Sugars 5 g	
Protein 33 g	67 %
Vitamin A	10 %
Vitamin C	16 %
Calcium	6 %
Iron	33 %

30. Ensalada de pasta Hazlo-Tú-Mismo

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 472	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 17 mg	6 %
Sodium 712 mg	30 %
Potassium 690 mg	20 %
Total Carbohydrate 58 g	19 %
Dietary Fiber 10 g	39 %
Sugars 4 g	
Protein 23 g	46 %
Vitamin A	33 %
Vitamin C	35 %
Calcium	70 %
Iron	16 %

Hechos de Nutrición

31. Ensalada de taco clásica

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 237	
% Daily Value *	
Total Fat 6 g	10 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 11 mg	4 %
Sodium 205 mg	9 %
Potassium 820 mg	23 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 6 g	26 %
Sugars 4 g	
Protein 17 g	33 %
Vitamin A	351 %
Vitamin C	11 %
Calcium	64 %
Iron	7 %

32. Rollos de manteca de cacahuete y plátano

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 432	
% Daily Value *	
Total Fat 19 g	30 %
Saturated Fat 4 g	21 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 386 mg	16 %
Potassium 451 mg	13 %
Total Carbohydrate 55 g	18 %
Dietary Fiber 8 g	33 %
Sugars 17 g	
Protein 12 g	25 %
Vitamin A	2 %
Vitamin C	18 %
Calcium	7 %
Iron	10 %

Hechos de Nutrición

33. Cuencos de burrito de lonchera

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 294	
% Daily Value *	
Total Fat 9 g	13 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 40 mg	13 %
Sodium 583 mg	24 %
Potassium 538 mg	15 %
Total Carbohydrate 37 g	12 %
Dietary Fiber 5 g	22 %
Sugars 5 g	
Protein 17 g	33 %
Vitamin A	5 %
Vitamin C	5 %
Calcium	27 %
Iron	10 %

34. Wraps (Envoltorios) de vegetales para el almuerzo

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 170	
% Daily Value *	
Total Fat 5 g	7 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 227 mg	9 %
Potassium 127 mg	4 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 5 g	20 %
Sugars 5 g	
Protein 5 g	11 %
Vitamin A	154 %
Vitamin C	10 %
Calcium	12 %
Iron	9 %

Hechos de Nutrición

35. Wraps (Envoltorios) de frijoles negros

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 313	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 393 mg	16 %
Potassium 686 mg	20 %
Total Carbohydrate 53 g	18 %
Dietary Fiber 12 g	49 %
Sugars 6 g	
Protein 12 g	25 %
Vitamin A	62 %
Vitamin C	32 %
Calcium	17 %
Iron	24 %

36. Lonchables de pan de pita

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 287	
% Daily Value *	
Total Fat 6 g	10 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 27 mg	9 %
Sodium 447 mg	19 %
Potassium 291 mg	8 %
Total Carbohydrate 38 g	13 %
Dietary Fiber 6 g	23 %
Sugars 3 g	
Protein 19 g	37 %
Vitamin A	53 %
Vitamin C	10 %
Calcium	8 %
Iron	11 %

Hechos de Nutrición

37. Pizza para almorzar con pan sin levadura

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 342	
% Daily Value *	
Total Fat 12 g	18 %
Saturated Fat 4 g	21 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 15 mg	5 %
Sodium 673 mg	28 %
Potassium 157 mg	4 %
Total Carbohydrate 45 g	15 %
Dietary Fiber 6 g	25 %
Sugars 5 g	
Protein 14 g	27 %
Vitamin A	43 %
Vitamin C	12 %
Calcium	39 %
Iron	14 %

38. Taquitos de pollo

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 441	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 7 g	33 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 183 mg	61 %
Sodium 1082 mg	45 %
Potassium 653 mg	19 %
Total Carbohydrate 35 g	12 %
Dietary Fiber 3 g	12 %
Sugars 2 g	
Protein 41 g	82 %
Vitamin A	13 %
Vitamin C	8 %
Calcium	51 %
Iron	25 %

Hechos de Nutrición

39. Cuenco de arroz con pollo al teriyaki

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 567	
% Daily Value *	
Total Fat 24 g	37 %
Saturated Fat 6 g	29 %
Monounsaturated Fat 13 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 135 mg	45 %
Sodium 865 mg	36 %
Potassium 344 mg	10 %
Total Carbohydrate 55 g	18 %
Dietary Fiber 3 g	12 %
Sugars 2 g	
Protein 35 g	71 %
Vitamin A	176 %
Vitamin C	5 %
Calcium	21 %
Iron	6 %

CENA

40. Fajitas al horno fáciles

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 563	
% Daily Value *	
Total Fat 17 g	26 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 95 mg	32 %
Sodium 882 mg	37 %
Potassium 718 mg	21 %
Total Carbohydrate 63 g	21 %
Dietary Fiber 11 g	42 %
Sugars 13 g	
Protein 47 g	93 %
Vitamin A	44 %
Vitamin C	349 %
Calcium	18 %
Iron	27 %

Hechos de Nutrición

41. Ziti de vegetales asados al horno

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 598	
% Daily Value *	
Total Fat 23 g	36 %
Saturated Fat 6 g	32 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 78 mg	26 %
Sodium 276 mg	11 %
Potassium 715 mg	20 %
Total Carbohydrate 86 g	29 %
Dietary Fiber 19 g	77 %
Sugars 9 g	
Protein 27 g	54 %
Vitamin A	213 %
Vitamin C	115 %
Calcium	24 %
Iron	20 %

42. Arroz integral frito

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 292	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 35 mg	12 %
Sodium 751 mg	31 %
Potassium 395 mg	11 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 3 g	12 %
Sugars 3 g	
Protein 17 g	35 %
Vitamin A	235 %
Vitamin C	15 %
Calcium	17 %
Iron	6 %

Hechos de Nutrición

43. Quinoa mexicana a la sartén

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 659	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 356 mg	15 %
Potassium 2143 mg	61 %
Total Carbohydrate 109 g	36 %
Dietary Fiber 25 g	99 %
Sugars 7 g	
Protein 31 g	62 %
Vitamin A	12 %
Vitamin C	52 %
Calcium	194 %
Iron	18 %

44. "Mac and Cheese" (Macarrones con queso)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 866	
% Daily Value *	
Total Fat 28 g	43 %
Saturated Fat 18 g	89 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 75 mg	25 %
Sodium 417 mg	17 %
Potassium 584 mg	17 %
Total Carbohydrate 84 g	28 %
Dietary Fiber 7 g	28 %
Sugars 8 g	
Protein 52 g	103 %
Vitamin A	286 %
Vitamin C	48 %
Calcium	80 %
Iron	59 %

Hechos de Nutrición

45. “Chicken Nuggets” de garbanzos

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 516	
% Daily Value *	
Total Fat 16 g	24 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 47 mg	16 %
Sodium 1204 mg	50 %
Potassium 895 mg	26 %
Total Carbohydrate 78 g	26 %
Dietary Fiber 19 g	76 %
Sugars 12 g	
Protein 23 g	46 %
Vitamin A	8 %
Vitamin C	32 %
Calcium	84 %
Iron	41 %

46. Bar de tacos “Hazlo-Tú-Mismo”

Nutrition Facts	
Servings 10.0	
Amount Per Serving	
calories 320	
% Daily Value *	
Total Fat 11 g	18 %
Saturated Fat 3 g	14 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 25 mg	8 %
Sodium 509 mg	21 %
Potassium 425 mg	12 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 5 g	22 %
Sugars 7 g	
Protein 21 g	41 %
Vitamin A	31 %
Vitamin C	35 %
Calcium	13 %
Iron	15 %

Hechos de Nutrición

47. Pasta al pesto con aguacate

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 144	
% Daily Value *	
Total Fat 12 g	19 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 4 mg	1 %
Sodium 195 mg	8 %
Potassium 316 mg	9 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 4 g	14 %
Sugars 2 g	
Protein 4 g	7 %
Vitamin A	23 %
Vitamin C	15 %
Calcium	14 %
Iron	3 %

48. "Lo Mein" de vegetales

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 134	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 804 mg	33 %
Potassium 245 mg	7 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 3 g	11 %
Sugars 7 g	
Protein 4 g	7 %
Vitamin A	108 %
Vitamin C	127 %
Calcium	8 %
Iron	6 %

Hechos de Nutrición

49. Enchiladas de vegetales con frijoles negros

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 501	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 4 g	19 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 11 mg	4 %
Sodium 685 mg	29 %
Potassium 1088 mg	31 %
Total Carbohydrate 79 g	26 %
Dietary Fiber 18 g	72 %
Sugars 11 g	
Protein 25 g	49 %
Vitamin A	67 %
Vitamin C	274 %
Calcium	113 %
Iron	22 %

50. Sartén de Vegetales con pollo al ajo y miel

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 495	
% Daily Value *	
Total Fat 19 g	30 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 93 mg	31 %
Sodium 553 mg	23 %
Potassium 1039 mg	30 %
Total Carbohydrate 44 g	15 %
Dietary Fiber 4 g	14 %
Sugars 16 g	
Protein 39 g	78 %
Vitamin A	20 %
Vitamin C	52 %
Calcium	29 %
Iron	13 %

Hechos de Nutrición

51. Albóndigas de vegetales con pollo al pesto

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 308	
% Daily Value *	
Total Fat 13 g	19 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 93 mg	31 %
Sodium 646 mg	27 %
Potassium 469 mg	13 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 2 g	6 %
Sugars 3 g	
Protein 36 g	73 %
Vitamin A	60 %
Vitamin C	63 %
Calcium	9 %
Iron	9 %

52. Cuenco de burrito con salmón y frijoles asados

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 383	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 8 mg	3 %
Sodium 933 mg	39 %
Potassium 513 mg	15 %
Total Carbohydrate 63 g	21 %
Dietary Fiber 13 g	50 %
Sugars 6 g	
Protein 17 g	33 %
Vitamin A	24 %
Vitamin C	9 %
Calcium	18 %
Iron	18 %

Hechos de Nutrición

53. Pizza de pan de pita

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 440	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 6 g	32 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 33 mg	11 %
Sodium 887 mg	37 %
Potassium 368 mg	11 %
Total Carbohydrate 62 g	21 %
Dietary Fiber 4 g	16 %
Sugars 6 g	
Protein 18 g	37 %
Vitamin A	122 %
Vitamin C	62 %
Calcium	244 %
Iron	19 %

54. Hamburguesas de guajolote al teriyaki

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 329	
% Daily Value *	
Total Fat 20 g	30 %
Saturated Fat 5 g	27 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 132 mg	44 %
Sodium 1571 mg	65 %
Potassium 201 mg	6 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 3 g	12 %
Sugars 5 g	
Protein 16 g	31 %
Vitamin A	5 %
Vitamin C	41 %
Calcium	15 %
Iron	22 %

Hechos de Nutrición

SNACKS (APERITIVOS, BOTANOS, BOCADITOS)

55. Guacamole súperfavorito

Nutrition Facts	
Servings 7.0	
Amount Per Serving	
calories 72	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 130 mg	5 %
Potassium 224 mg	6 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 3 g	13 %
Sugars 1 g	
Protein 1 g	2 %
Vitamin A	3 %
Vitamin C	11 %
Calcium	2 %
Iron	2 %

56. Vegetales asados

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 236	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 273 mg	11 %
Potassium 645 mg	18 %
Total Carbohydrate 42 g	14 %
Dietary Fiber 8 g	31 %
Sugars 7 g	
Protein 10 g	20 %
Vitamin A	149 %
Vitamin C	294 %
Calcium	11 %
Iron	15 %

Hechos de Nutrición

57. Palitos de calabacín asado con queso parmesano

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 138	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 15 mg	1 %
Potassium 538 mg	15 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 3 g	10 %
Sugars 4 g	
Protein 5 g	11 %
Vitamin A	54 %
Vitamin C	19 %
Calcium	2 %
Iron	3 %

58. Tostada de manteca de frutos secos y plátanos

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 138	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 15 mg	1 %
Potassium 538 mg	15 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 3 g	10 %
Sugars 4 g	
Protein 5 g	11 %
Vitamin A	54 %
Vitamin C	19 %
Calcium	2 %
Iron	3 %

Hechos de Nutrición

59. Tostada de aguacate con huevo

Nutrition Facts	
Servings 2.0	
Amount Per Serving	
calories 290	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 186 mg	62 %
Sodium 408 mg	17 %
Potassium 592 mg	17 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 8 g	32 %
Sugars 4 g	
Protein 13 g	25 %
Vitamin A	58 %
Vitamin C	80 %
Calcium	13 %
Iron	23 %

POSTRES

60. Licuado de manteca de cacahuate y plátano

Nutrition Facts	
Servings 3.0	
Amount Per Serving	
calories 316	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 9 mg	3 %
Sodium 343 mg	14 %
Potassium 595 mg	17 %
Total Carbohydrate 44 g	15 %
Dietary Fiber 5 g	21 %
Sugars 27 g	
Protein 11 g	22 %
Vitamin A	3 %
Vitamin C	19 %
Calcium	8 %
Iron	5 %

Hechos de Nutrición

61. Bocaditos de manzana y manteca de frutos secos

Nutrition Facts	
Servings 16.0	
Amount Per Serving	
calories 45	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 18 mg	1 %
Potassium 30 mg	1 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 1 g	4 %
Sugars 3 g	
Protein 1 g	2 %
Vitamin A	0 %
Vitamin C	1 %
Calcium	1 %
Iron	1 %

62. Galletas sin azúcar

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 271	
% Daily Value *	
Total Fat 12 g	18 %
Saturated Fat 8 g	40 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 31 mg	10 %
Sodium 13 mg	1 %
Potassium 386 mg	11 %
Total Carbohydrate 38 g	13 %
Dietary Fiber 4 g	17 %
Sugars 15 g	
Protein 6 g	12 %
Vitamin A	1 %
Vitamin C	7 %
Calcium	4 %
Iron	9 %

Hechos de Nutrición

63. Crema de plátano “placentera”

Nutrition Facts	
Servings 5.0	
Amount Per Serving	
calories 335	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 1 mg	0 %
Sodium 140 mg	6 %
Potassium 403 mg	12 %
Total Carbohydrate 40 g	13 %
Dietary Fiber 6 g	22 %
Sugars 22 g	
Protein 8 g	15 %
Vitamin A	1 %
Vitamin C	15 %
Calcium	17 %
Iron	8 %

64. Brownies de aguacate con chocolate negro

Nutrition Facts	
Servings 9.0	
Amount Per Serving	
calories 357	
% Daily Value *	
Total Fat 25 g	39 %
Saturated Fat 9 g	43 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 2 mg	1 %
Sodium 98 mg	4 %
Potassium 135 mg	4 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 6 g	23 %
Sugars 21 g	
Protein 7 g	14 %
Vitamin A	1 %
Vitamin C	2 %
Calcium	5 %
Iron	13 %