

Eat Smart • Move More

Aderezo Italiano Casero

Tiempo de Preparación: 5 minutos

Tiempo Total: 5 minutos



Ingredientes

- ½ taza de vinagre blanco o de sidra
- ¼ taza de aceite de oliva
- ¼ taza de agua
- 1 cucharada de queso parmesano
- 1 cucharadita de condimento italiano
- ½ cucharadita de ajo en polvo
- ½ cucharadita de sal de apio
- ¼ cucharadita de pimienta negra molida

Nutrition Facts

8 servings per container		
Serving size		1 serving
		(31.03g)
Amount per serving		70
Calories		
% Daily Value*		
Total Fat	7g	9%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	80mg	3%
Total Carbohydrate	<1g	0%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes g of Added Sugars		
Protein	0g	
Vitamin D	0mcg	0%
Calcium	8mg	0%
Iron	0mg	0%
Potassium	21mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Consejos Rápidos

- ▶ Para obtener un sabor ligeramente diferente, agregue 1 cucharadita de jugo de limón recién exprimido.
- ▶ ½ cucharadita de ajo en polvo puede ser reemplazado por 2 dientes de ajo, picado.
- ▶ ¿No tiene un frasco? En su lugar, bata vigorosamente en un bol.

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Preparación

- Combinar todos los ingredientes en un frasco con una tapa ajustada. Agitar vigorosamente para mezclar los ingredientes.
- Almacenar en el refrigerador.

(Receta adaptada de: <http://addapinch.com>)

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