

# Vinagreta del Sudoeste

10 Porciones • 1 Porción = 2 Cucharadas



## INGREDIENTES

- ¼ taza de cilantro picado
- ¼ taza de jugo de lima
- 1 cebollita (picado fino)
- 1 cucharadita de comino molido
- Sal y pimienta negra recién molida a gusto
- ¼ taza de aceite de oliva extravirgen

## INDICACIONES

1. En un recipiente pequeño, combine el cilantro, el jugo de lima, la cebollita, el comino, la sal y la pimienta.
2. Bata lentamente con aceite de oliva hasta emulsionar.

Nutrition Facts	
10 servings per container	
<b>Serving size</b>	<b>2 Tbsp</b>
Amount per serving	
<b>Calories</b>	<b>50</b>
	% Daily Value*
<b>Total Fat</b> 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 60mg	3%
<b>Total Carbohydrate</b> 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 0mg	0%
Potassium 9mg	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.

Developed by The Children's Hospital of San Antonio

[chefs.org](http://chefs.org)

@CHEFSanAntonio



The Children's Hospital  
of San Antonio™

CHRISTUS Health

© Culinary Health Education for Families