

Cornell University

Cornell Cooperative Extension

Expanded Food and Nutrition Education Program

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<https://fnec.cornell.edu>

Bell Pepper Salad

Makes 6 servings

Ingredients:

- 4 bell peppers
- ½ medium onion
- 2 ½ tablespoons vinegar
- 1 tablespoon oil
- ⅛ teaspoon salt
- ⅛ teaspoon pepper

Directions:

1. Wash hands with soap and water.
2. Wash bell peppers and remove tops and seeds. Cut into ¼-inch thick strips. Peel onion and slice into thin strips.
3. In a large mixing bowl, stir together vinegar, oil, salt and pepper. Add bell pepper and onion and gently stir to coat. Cover and refrigerate for 30 minutes before serving.
4. Refrigerate leftovers within 2 hours.

Nutrition Facts

6 servings per container	
Serving size	1 cup (97g)
Amount per Serving	
Calories	45
% Daily Value*	
Total Fat 2.5g	3 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 50mg	2 %
Total Carbohydrate 5g	2 %
Dietary Fiber 2g	7 %
Total Sugars 3g	
Includes 0g Added Sugars	0 %
Protein 1g	
Vitamin D 0mcg	0 %
Calcium 9mg	0 %
Iron 0mg	0 %
Potassium 167mg	4 %
Vitamin A 69mcg	8 %
Vitamin C 83mg	92 %

*The % Daily Value (DV) 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.

50% calories from fat

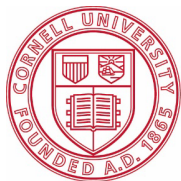
Source: FoodHero.org

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

Building Strong and Vibrant New York Communities

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Ensalada de Pimiento Dulce

Rinde para 6 porciones

Ingredientes:

- 4 pimientos dulces
- ½ de una cebolla mediana
- 2 ½ cucharadas de vinagre
- 1 cucharada de aceite
- ⅛ cucharadita de sal y pimienta

Preparación:

1. Lávese las manos con jabón y agua.
2. Lave los pimientos dulces y quíteles la parte superior y las semillas. Córtelos en tiras de ¼ de pulgada de ancho.
3. Pele la cebolla y córtela en tiras delgadas.
4. En un tazón grande, mezcle el vinagre, el aceite, la sal y la pimienta. Añada el pimiento dulce y la cebolla y revuelva suavemente hasta que quede todo cubierto. Cubra el tazón y refrigere por 30 minutos antes de servir.
5. Refrigere lo que sobre dentro de las siguientes 2 horas.

Datos de Nutrición

6 raciones por envase	
Tamaño por ración	1 taza (97g)
Cantidad por ración	
Calorías	45
	% Valor Diario*
Grasa Total 2.5g	3 %
Grasa Saturada 0g	0 %
Grasa Trans 0g	
Colesterol 0mg	0 %
Sodio 50mg	2 %
Carbohidrato Total 5g	2 %
Fibra Dietética 2g	7 %
Azúcares Totales 3g	
Incluye 0g azúcares añadidos	0 %
Proteínas 1g	
Vitamina D 0mcg	0 %
Calcio 9mg	0 %
Hierro 0mg	0 %
Potasio 167mg	4 %
Vitamina A 69mcg	8 %
Vitamina C 83mg	92 %

*El % Valor Diario (VD) le indica cuánto un nutriente en una porción de alimentos contribuye a una dieta diaria. 2,000 calorías al día se utiliza para asesoramiento de nutrición general.

50% calorías de grasa

Fuente: FoodHero.org

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