

Arroz con Almendras

6 porciones

Whole grains contain the whole grain kernel. Refined grains have been put through a process that removes the fiber, iron, and many B vitamins. Iron and B vitamins are often added back into refined products, but fiber is not.



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| 1 cucharada de mantequilla o margarina | 2 cubos de caldo de pollo* |
| ½ taza de cebolla, finamente picada | 1 ½ tazas de arroz instantáneo, crudo |
| 1 ½ tazas de agua | 2 cucharadas de almendras en rodajas** |

1. En una olla mediana, saltee la cebolla en la mantequilla hasta que ablande.
2. Añada el agua y póngala a hervir.
3. Añada los cubos de caldo y revuelva hasta que se disuelvan.
4. Revuelva el arroz y las rodajas de almendras. Tape y remueva del calor. Deje reposar por 5 minutos.
5. Revuelva con un tenedor y sirva.

* 2 tazas de caldo de pollo pueden sustituir el agua y los cubos de caldo.

** Semillas de girasol pueden sustituir a las almendras. Si desea, puede añadir más almendras o semillas de girasol al gusto.

Información Nutricional por Porción: Calorías 80, Total Grasa 3.5 g (5% Valor Diario), Grasa Saturada 1.5 g (7% Valor Diario), Colesterol 5 mg (2% Valor Diario), Sodio 125 mg (5% Valor Diario), Total Carbohidratos 11 g (4% Valor Diario), Fibra Dietética <1 g (3% Valor Diario), Azúcares 1 g, Proteínas 2 g, Vitamina A 2%, Vitamina C 2%, Calcio 2%, Hierro 2%.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income.

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