UN LIBRO DE RECETAS LATINAS SALUDABLES

SALUD CON SABOR

Etiquetas Nutricionales

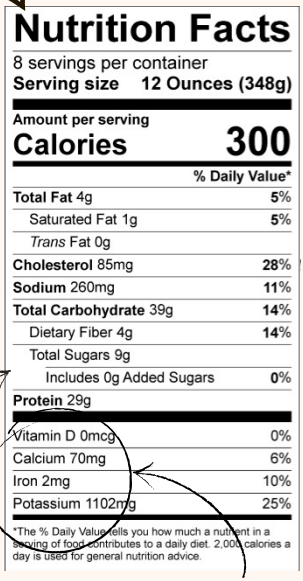
A HEALTHY LATINX COOKBOOK

SAVORING HEALTH

Recipe Nutrition Labels

CÓMO LEER ETIQUETAS NUTRICIONALES

Recuerde que la información de esta etiqueta se basa en **UNA** porción.



Grasas trans

Evite las grasas trans. Aumentan su riesgo de enfermedad cardíaca.

Sodio

La mayoría de las personas no deben consumir más de 2300 mg de sodio al día (¡eso es 1 cucharadita de sal!).

Azúcares añadidos

Estos son azúcares no naturales que se agregaron durante el procesamiento del alimento. Evite los alimentos con azúcares añadidos.

Calorías

Estos son el número de calorías por PORCIÓN. Si usted come toda la comida en este contenedor (8 porciones), habrá consumido 2400 calorías. La recomendación es consumir 2000 calorías al día.

% Valor diario

Si come 1 porción de esta comida, habrá consumido el 28% del colesterol que debería consumir en 1 día. Si come 2 porciones de esto, ¡habrá comido el 56% del colesterol total que debe comer en 1 día!

Consuma alimentos BAJOS en colesterol para no sobrepasar su límite diario.

Fibra, Vit D, Calcio, Hierro, Potasio

Busque alimentos que sean rico en estos nutrientes!

*Si usted tiene una condición médica, siga la dieta recomendada por su médico.

HOW TO READ NUTRITION LABELS

Remember that the information on this label is based on **ONE** serving.

Trans Fat

Avoid trans fat. They increase your risk of heart disease.

Sodium

Most people should not have more than 2,300 mg of sodium per day (that's 1 teaspoon of salt!) .

Added Sugars

These are unnatural sugars that were added during the processing of this food. Avoid foods with added sugars.

Fiber, Vit D, Calcium, Iron, Potassium

Look for foods that are rich in these nutrients!

Calories

These are the number of calories per SERVING. If you eat the whole container (8 servings), you will have consumed 2,400 calories. The recommendation is to eat 2,000 calories per day.

% Daily Value

If you eat 1 serving of this meal, you've eaten 28% of the cholesterol you should eat in 1 day. If you eat 2 servings of this, you've eaten 56% of the total cholesterol you should eat in 1 day.

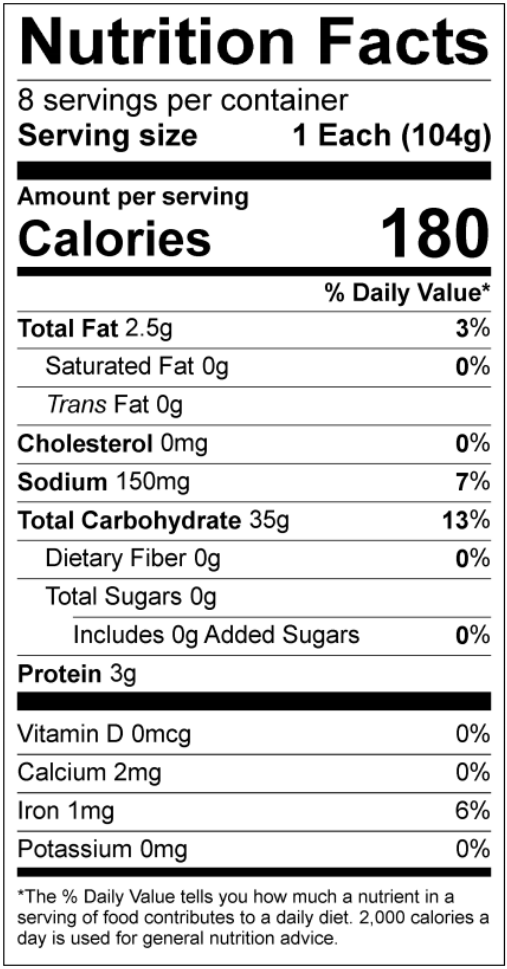
Consume foods LOW in cholesterol so you don't pass your daily limit.

*If you have a medical condition, follow your doctor's recommended diet.

RECETAS

RECIPES

MINI AREPAS CON HUEVO Y AGUACATE



Nutrition Facts

8 servings per container

Serving size **1 Each (104g)**

Amount per serving

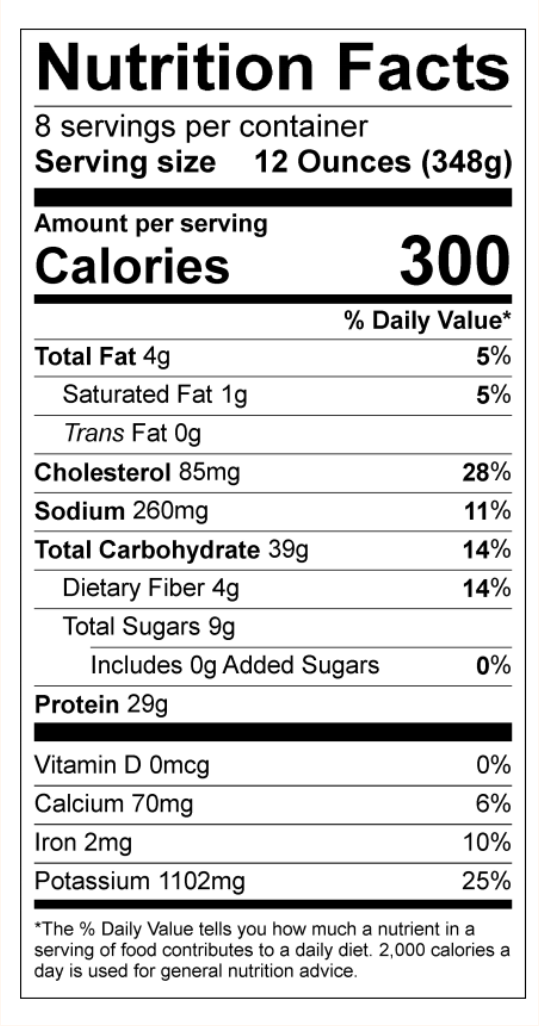
Calories **180**

	% Daily Value*
Total Fat 2.5g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 150mg	**7%**
Total Carbohydrate 35g	**13%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 1mg	6%
Potassium 0mg	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.

MINI AREPAS WITH EGGS AND AVOCADO

SANCOCHO DE POLLO



Nutrition Facts

8 servings per container
Serving size **12 Ounces (348g)**

Amount per serving
Calories **300**

	% Daily Value*
Total Fat 4g	**5**%
Saturated Fat 1g	**5**%
Trans Fat 0g	
Cholesterol 85mg	**28**%
Sodium 260mg	**11**%
Total Carbohydrate 39g	**14**%
Dietary Fiber 4g	**14**%
Total Sugars 9g	
Includes 0g Added Sugars	**0**%
Protein 29g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 2mg	10%
Potassium 1102mg	25%

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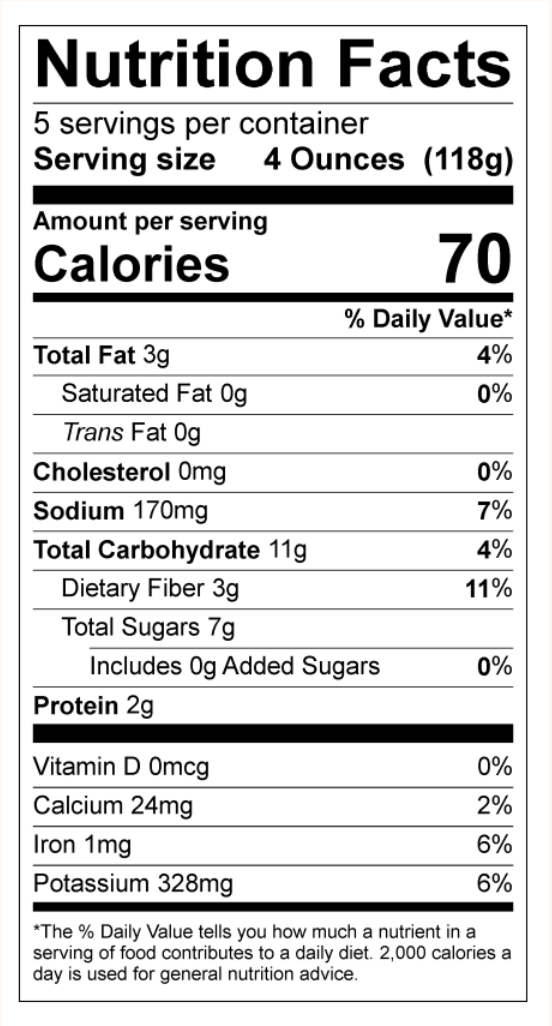
CHICKEN SANCOCHO

ENSALADA DE REMOLACHA



Nutrition Facts

5 servings per container

Serving size **4 Ounces (118g)**

Amount per serving

Calories **70**

	% Daily Value*
Total Fat 3g	**4**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 170mg	**7**%
Total Carbohydrate 11g	**4**%
Dietary Fiber 3g	**11**%
Total Sugars 7g	
Includes 0g Added Sugars	**0**%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 328mg	6%

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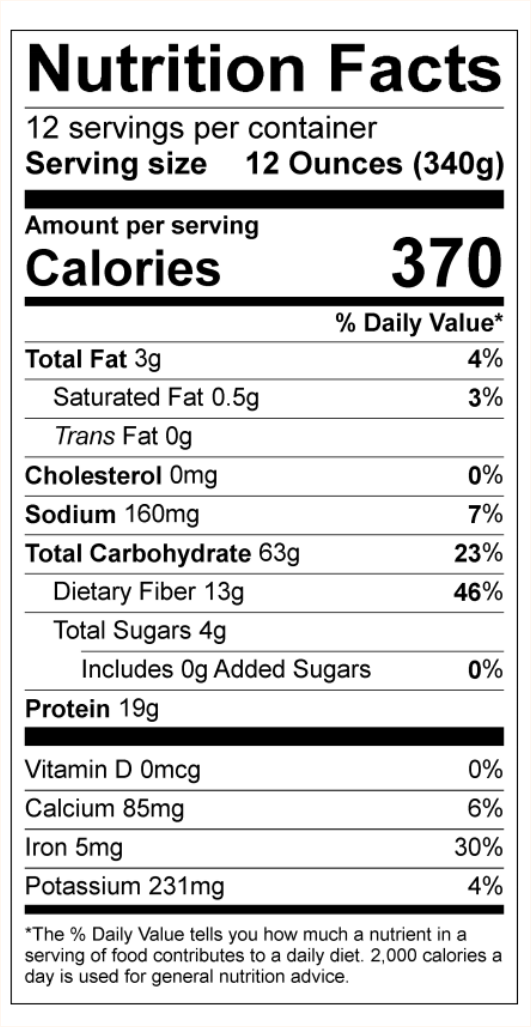
BEET SALAD

ARROZ Y FRIJOLES



Nutrition Facts

12 servings per container
Serving size **12 Ounces (340g)**

Amount per serving
Calories **370**

	% Daily Value*
Total Fat 3g	**4**%
Saturated Fat 0.5g	**3**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 160mg	**7**%
Total Carbohydrate 63g	**23**%
Dietary Fiber 13g	**46**%
Total Sugars 4g	
Includes 0g Added Sugars	**0**%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 85mg	6%
Iron 5mg	30%
Potassium 231mg	4%

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RICE & BEANS

POLLO SÚPER SIMPLE

Nutrition Facts

4 servings per container
Serving size **4 Ounces (138g)**

Amount per serving
Calories **180**

	% Daily Value*
Total Fat 7g	**9**%
Saturated Fat 1g	**5**%
Trans Fat 0g	
Cholesterol 85mg	**28**%
Sodium 340mg	**15**%
Total Carbohydrate 3g	**1**%
Dietary Fiber 1g	**4**%
Total Sugars 0g	
Includes 0g Added Sugars	**0**%
Protein 27g	
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 1mg	6%
Potassium 438mg	10%

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SUPER SIMPLE CHICKEN

SALMÓN CON LIMÓN Y ROMERO

Nutrition Facts

6 servings per container

Serving size **5 Ounces (164g)**

Amount per serving

Calories **230**

	% Daily Value*
Total Fat 10g	**13**%
Saturated Fat 1.5g	**8**%
Trans Fat 0g	
Cholesterol 85mg	**28**%
Sodium 160mg	**7**%
Total Carbohydrate 2g	**1**%
Dietary Fiber 1g	**4**%
Total Sugars 0g	
Includes 0g Added Sugars	**0**%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1mg	6%
Potassium 767mg	15%

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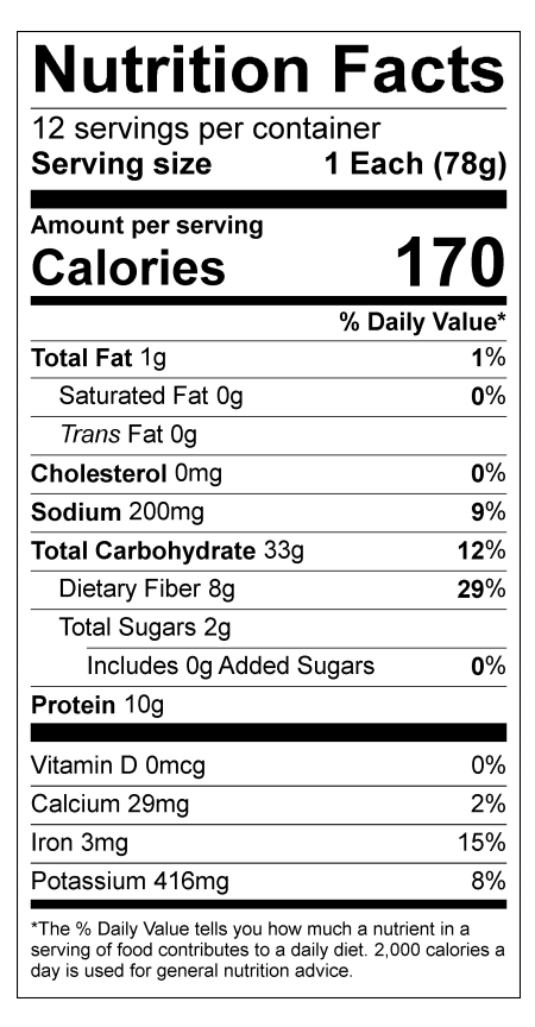
ROSEMARY LEMON SALMON

HAMBURGUESAS DE LENTEJAS



Nutrition Facts

12 servings per container

Serving size **1 Each (78g)**

Amount per serving

Calories **170**

	% Daily Value*
Total Fat 1g	**1**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 200mg	**9**%
Total Carbohydrate 33g	**12**%
Dietary Fiber 8g	**29**%
Total Sugars 2g	
Includes 0g Added Sugars	**0**%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 3mg	15%
Potassium 416mg	8%

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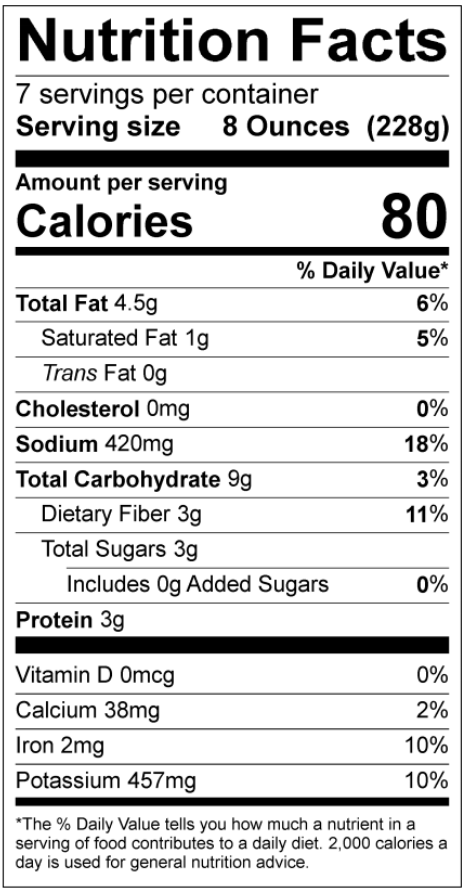
LENTIL BURGERS

CREMA DE COLIFLOR



Nutrition Facts

7 servings per container
Serving size **8 Ounces (228g)**

Amount per serving
Calories **80**

	% Daily Value*
Total Fat 4.5g	**6%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 420mg	**18%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 3g	**11%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 2mg	10%
Potassium 457mg	10%

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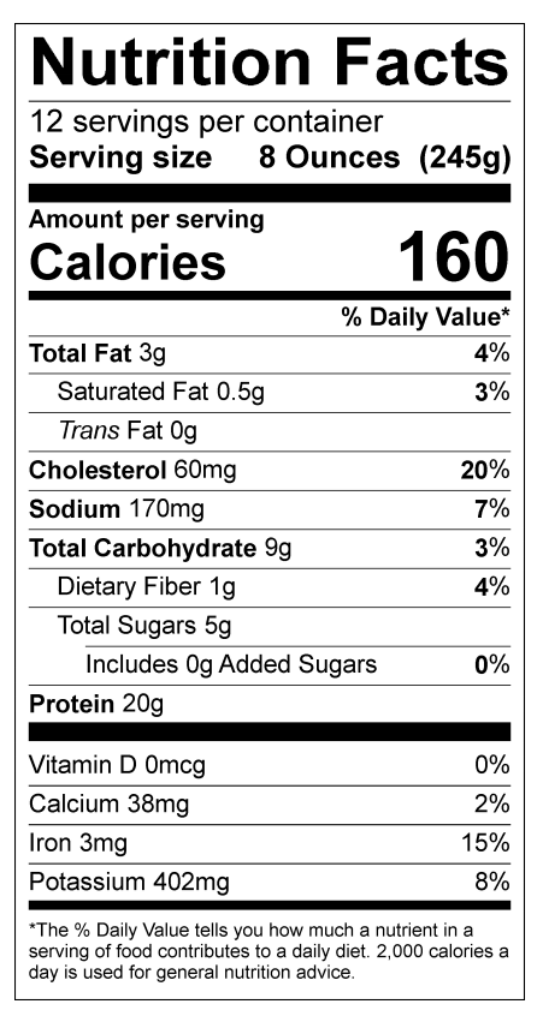
CAULIFLOWER CREAM SOUP

SOPA DE POLLO Y VEGETALES



Nutrition Facts

12 servings per container

Serving size **8 Ounces (245g)**

Amount per serving

Calories **160**

	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 170mg	**7%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 1g	**4%**
Total Sugars 5g	
Includes 0g Added Sugars	**0%**
Protein 20g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 3mg	15%
Potassium 402mg	8%

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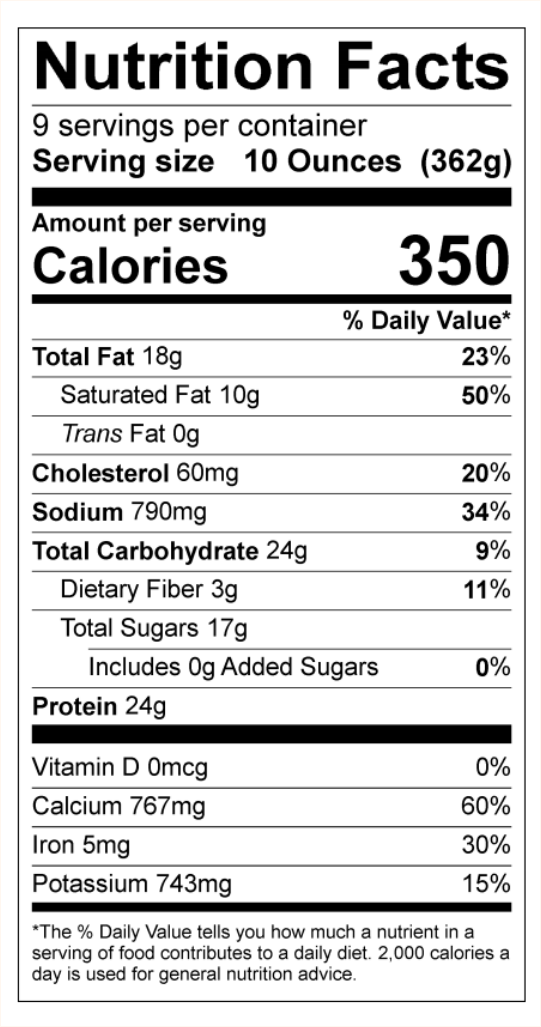
CHICKEN AND VEGETABLE SOUP

LASAÑA SALUDABLE



Nutrition Facts

9 servings per container
Serving size 10 Ounces (362g)

Amount per serving
Calories 350

	% Daily Value*
Total Fat 18g	**23**%
Saturated Fat 10g	**50**%
Trans Fat 0g	
Cholesterol 60mg	**20**%
Sodium 790mg	**34**%
Total Carbohydrate 24g	**9**%
Dietary Fiber 3g	**11**%
Total Sugars 17g	
Includes 0g Added Sugars	**0**%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 767mg	60%
Iron 5mg	30%
Potassium 743mg	15%

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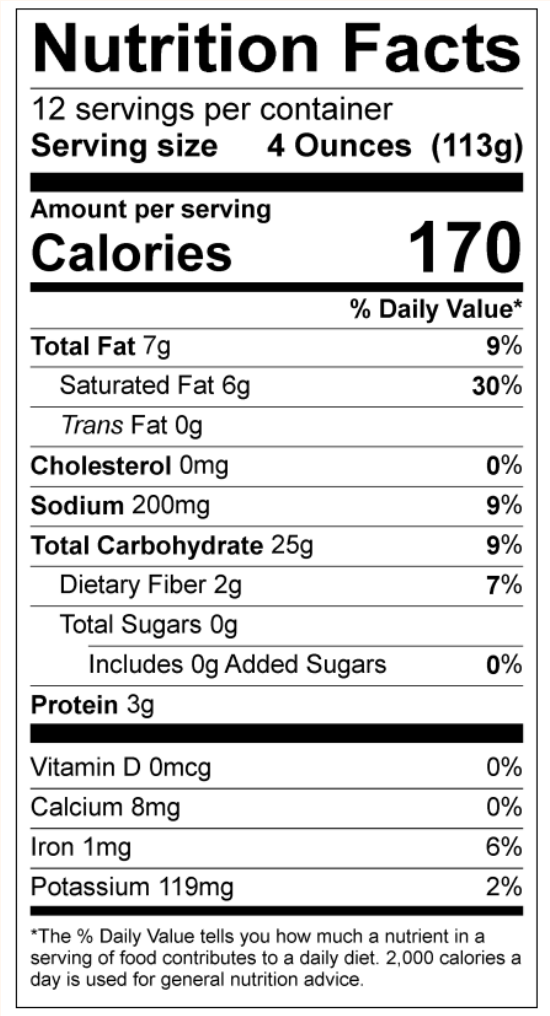
HEALTHY LASAGNA

ARROZ INTEGRAL CON COCO



Nutrition Facts

12 servings per container

Serving size **4 Ounces (113g)**

Amount per serving

Calories **170**

	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 200mg	**9%**
Total Carbohydrate 25g	**9%**
Dietary Fiber 2g	**7%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 1mg	6%
Potassium 119mg	2%

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COCONUT BROWN RICE

LOMO DE CERDO AL ESTILO PERNIL

Nutrition Facts

8 servings per container
Serving size **6 Ounces (172g)**

Amount per serving
Calories **130**

	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 410mg	**18%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 1g	**4%**
Total Sugars 6g	
Includes 0g Added Sugars	**0%**
Protein 12g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 460mg	10%

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PERNIL-INSPIRED PORK

TORTILLA ESPAÑOLA

Nutrition Facts

8 servings per container

Serving size **6 ounces (195g)**

Amount per serving

Calories **290**

	% Daily Value*
Total Fat 19g	**24**%
Saturated Fat 3.5g	**18**%
Trans Fat 0g	
Cholesterol 185mg	**62**%
Sodium 650mg	**28**%
Total Carbohydrate 21g	**8**%
Dietary Fiber 2g	**7**%
Total Sugars 2g	
Includes 0g Added Sugars	**0**%
Protein 9g	
Vitamin D 1mcg	6%
Calcium 48mg	4%
Iron 2mg	10%
Potassium 558mg	10%

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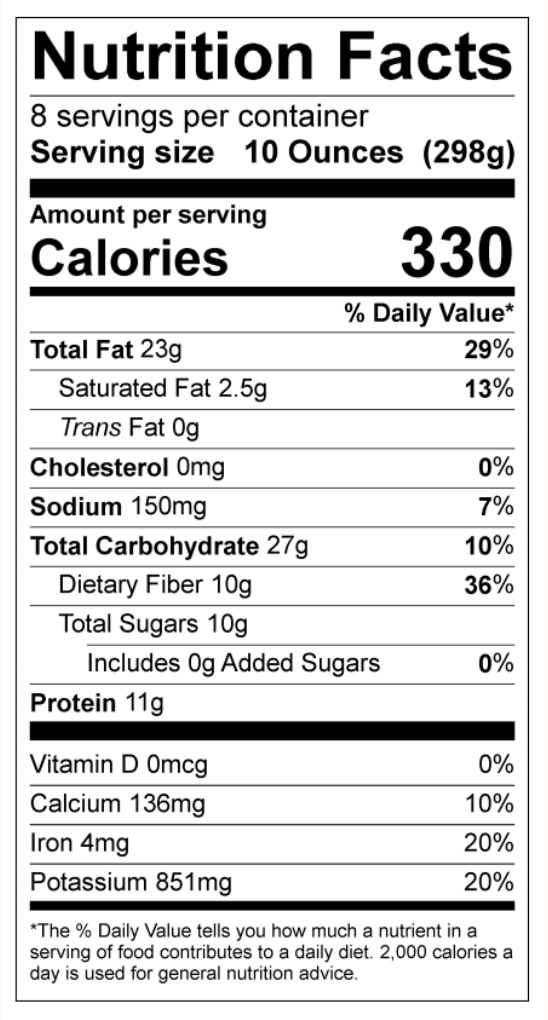
SPANISH TORTILLA

ENSALADA VERDE CON ADEREZO HECHO EN CASA



Nutrition Facts

8 servings per container
Serving size 10 Ounces (298g)

Amount per serving
Calories 330

	% Daily Value*
Total Fat 23g	**29**%
Saturated Fat 2.5g	**13**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 150mg	**7**%
Total Carbohydrate 27g	**10**%
Dietary Fiber 10g	**36**%
Total Sugars 10g	
Includes 0g Added Sugars	**0**%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 136mg	10%
Iron 4mg	20%
Potassium 851mg	20%

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GREEN SALAD WITH HOMEMADE DRESSING

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https://progresolatino.org/health-wellness

para acceder a la información nutricional de cada receta y un PDF gratuito del libro de cocina, disponible en inglés y español.

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MORE INFORMATION ONLINE

Please visit:

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to access the nutrition facts for each recipe and a free PDF of the cookbook, available in English and Spanish.

If you enjoyed the cookbook, please share it with your family and friends on social media!

We'd also love to hear your thoughts on the recipes. You can send us an email at recetasconprogreso@gmail.com.

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