



Show Me Nutrition: Building My Body Lesson 3

Fiesta Scoops

Makes: 55 (2 scoop) servings

Preparation Time: 5 minutes

Ingredients

16 ounce can refried-beans

24 ounce jar mild salsa with fruit

1 cup shredded cheese

One 10 ounce bag whole-corn tortilla
scoops

Directions

1. Mix beans and salsa.
2. Blend in the cheese.
3. Spoon the mixture into the tortilla scoops.

Nutrition Facts	
Serving Size 2 tbsp (28g)	
Servings Per Container 55	
Amount Per Serving	
Calories 53	Calories from Fat 24
% Daily Values*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 2mg	1%
Sodium 128mg	5%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 1.5g	3%

*Percent Daily Values are based on a 2,000 calorie diet.



Enseñame Nutrición: Construyendo Mi Cuerpo Lección 3

Cucharada de fiesta

Rinde: 55 (2 cucharadas) porciones

Tiempo de preparación: 5 minutos

Ingredientes

1 lata de 16 onzas de frijoles refritos
1 bote de 24 onzas de salsa con fruta
1 taza de queso deshebrado
1 bolsa de 10 onzas de tortillitas de maíz cucharadas.

Instrucciones

1. Mescle los frijoles con la salsa.
2. Mescle el queso.
3. Eche la mescla en las tortillitas cucharadas.

Nutrition Facts	
Serving Size 2 tbsp (28g)	
Servings Per Container 55	
Amount Per Serving	
Calories 53	Calories from Fat 24
% Daily Values*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 2mg	1%
Sodium 128mg	5%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 1.5g	3%

*Percent Daily Values are based on a 2,000 calorie diet.