

Kale and Apple Salad

Nutrition Facts Serving Size: 1 cup (118.92g), Servings Per Container: 1, Amount Per Serving: **Calories** 130, Calories from Fat 90, **Total Fat** 10g (15% DV), Saturated Fat 1.5g (8% DV), *Trans* Fat 0g, **Cholesterol** 0mg (0% DV), **Sodium** 30mg (1% DV), **Total Carbohydrate** 7g (2% DV), Dietary Fiber <1g (4% DV), Sugars 6g, **Protein** 2g, Vitamin A (70% DV), Vitamin C (130% DV), Calcium (10% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Curly Kale, Raw; Apples, Golden Delicious, With Skin; Oil, Olive; Juice, Lemon; Lime Juice Sweetened; Water, Tap; Coriander or Cilantro; Garlic Clove; Pepper, Black, Ground

