

Apple Cranberry Salad Toss

Serves 8

Ingredients:

- 1 head of lettuce (about 10 cups)
- 2 apples (medium, sliced)
- 1/2 cup walnuts (chopped)
- 1 cup dried cranberries
- 1/2 cup green onion (sliced)
- 3/4 cup vinaigrette dressing

Directions:

1. Toss lettuce, apples, walnuts, cranberries, and onions in large bowl.
2. Add dressing; toss to coat. Serve immediately.

Nutrition Facts	
Serving Size (186g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 18g	
Protein 2g	
Vitamin A 10%	Vitamin C 10%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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