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.

Amount Per Serv	ring		
Calories 150	Calc	pries fron	n Fat 60
		% Da	ily Value
Total Fat 6g		9%	
Saturated Fat 0.5g			3%
Trans Fat ()g		
Cholesterol 0mg			0%
Sodium 290mg			12%
Total Carboh	ydrate 2	27g	9%
Dietary Fib		16%	
Sugars 18	3		
Protein 2g			
Vitamin A 10%	6 · V	Vitamin (010%
Calcium 4%	• 1	ron 4%	
*Percent Daily Val diet. Your daily va depending on you	lues may be	higher or l	
Saturated Fat Cholesterol	Less than Less than Less than Less than e	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Nutrition Facts

Serving Size (186g)

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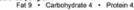
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