

Orange and Radish Salad

Ingredients:

- 1 ½ cup oranges, sectioned
- ½ cup radishes, sliced
- ¾ cup red onion, sliced
- 2 peppermint leaves, chopped
- 2 tsp. orange zest
- 1 tbsp. lemon juice
- ¾ tsp. canola oil
- ½ tsp. cinnamon
- ¾ tsp. salt



Nutrition Facts

Serving Size 1/2 cup (113g)
Servings Per Container 4

Amount Per Serving

Calories 50 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 450mg **19%**

Total Carbohydrate 11g **4%**

Dietary Fiber 3g **12%**

Sugars 8g

Protein 1g

Vitamin A 4% • Vitamin C 70%

Calcium 4% • Iron 2%

*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



*DAIRY FREE



*GLUTEN-FREE



*SOY FREE

Directions:

1. 1. Section oranges, slice radishes and onion.
2. 2. Mix all ingredients in bowl.
3. 2. Cover and refrigerate about 2 hours or until chilled.