Fall Fruit and Kale Salad

Number of Servings: 10 (204.88 g per serving)

Preparation Time: 20 minutes | Cook Time: | Cook Temperature:
Pan Size: | Cook Method:

Amount	Measure	Ingredient	Comments
8.00	cup	Cabbage, kale, curly, fresh, chpd	
1/2	cup	Seeds, pumpkin, kernels, rstd, salted	
1/2	cup	Onion, red, fresh, chpd	
5.00	ea	Oranges, fresh, med	
2.00	cup	Grapes, red European type varieties, fresh	
8.00	oz	Do It All Dressing	
1/2	cup	Cheese, feta, crumbled	

Instructions

Peel oranges and cut into bite size pieces. Cut grapes in half. Mix fruit with chopped kale, pumpkin seeds, feta cheese, and chopped onion. Add dressing, enjoy!

Nutrient Analysis

Nutrient	Value
Gram Weight (g)	204.88
Calories (kcal)	178.66
Calories from Fat (kcal)	76.18
Calories from SatFat (kcal)	19.69
Protein (g)	5.49
Carbohydrates (g)	22.85
Dietary Fiber (g)	3.55
Soluble Fiber (g)	0.48
Total Sugars (g)	12.46
Monosaccharides (g)	4.90
Disaccharides (g)	0.19
Other Carbs (g)	2.34
Fat (g)	8.46
Saturated Fat (g)	2.19
Mono Fat (g)	4.00
Poly Fat (g)	1.73
Trans Fatty Acid (g)	0.00
Cholesterol (mg)	6.68
Water (g)	165.82
Vitamin A - IU (IU)	8392.88
Vitamin A - RAE (RAE)	427.46
Carotenoid RE (RE)	836.16
Retinol RE (RE)	9.38
Beta-Carotene (mcg)	4986.97
Vitamin B1 (mg)	0.10
Vitamin B2 (mg)	0.17
Vitamin B3 (mg)	0.95

Nutrient	Value
Vitamin B3 - Niacin Equiv (mg)	2.15
Vitamin B6 (mg)	0.22
Vitamin B12 (mcg)	0.13
Biotin (mcg)	0.82
Vitamin C (mg)	109.75
Vitamin D - IU (IU)	1.20
Vitamin D - mcg (mcg)	0.03
Vitamin E - Alpha-Toco (mg)	0.54
Folate (mcg)	23.72
Folate, DFE (mcg)	23.72
Vitamin K (mcg)	442.97
Pantothenic Acid (mg)	0.18
Calcium (mg)	156.32
Chromium (mcg)	0.08
Copper (mg)	0.28
Fluoride (mg)	0.01
Iodine (mcg)	0.46
Iron (mg)	1.71
Magnesium (mg)	57.22
Manganese (mg)	0.74
Molybdenum (mcg)	3.43
Phosphorus (mg)	134.65
Potassium (mg)	498.44
Selenium (mcg)	2.26
Sodium (mg)	183.52
Zinc (mg)	0.97
Omega 3 Fatty Acid (g)	0.16