

Endocrine Wellness Programs

Tossed Salad

Ingredients:

- 4 cups of lettuce, chopped
- 1 carrot, peeled into ribbons
- 1 cucumber, diced



Directions:

1. Toss ingredients together, dress with your favorite salad dressing.
2. Nutrition Information (no dressing):

FFC Tossed Salad		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	17.1 kcal	1 %
Total Fat	0.2 g	0 %
Saturated Fat	0.1 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	13.2 mg	1 %
Total Carbohydrate	3.6 g	1 %
Dietary Fiber	1.6 g	6 %
Sugars	1.7 g	
Protein	0.9 g	2 %
Vitamin A	124 %	Vitamin C 6 %
Calcium	3 %	Iron 3 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		</>