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Green and Orange Salad

Ingredients:

- 1 head green leafy lettuce
- 2 oranges
- 1 small Jicama
- low-fat vinaigrette dressing (optional)

Makes 6 servings - 0% calories from fat

Instructions:

1. Wash lettuce, drain and tear into pieces.
2. Peel and slice orange into 1/4 inch thick pieces.
3. Wash and peel Jicama (Mexican potato), slice into 1/4 inch thick pieces.
4. Combine all ingredients in a bowl. Chill before serving.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	20%
Sugars 7g	
Protein 2g	
Vitamin A 90%	Vitamin C 90%
Calcium 6%	Iron 6%
*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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