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Peach Cranberry Salad

Ingredients:

- 4 canned peach halves
- 1 cup canned cranberry sauce

Makes 4 servings - 0% calories from fat

Instructions:

1. Place a peach half on each salad plate.
2. Spoon cranberry sauce into the center of each peach.

Notes:

- Use peaches canned in light syrup or fruit juices.
- If using peaches canned in heavy syrup, rinse and drain before doing step 2.
- Serve fruit on a bed of lettuce or a lettuce leaf.

Nutrition Facts

Serving Size 1/2 peach
Servings Per Container 4

Amount Per Serving

Calories 130 **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 34g **11%**

Dietary Fiber 2g **8%**

Sugars 24g

Protein 1g

Vitamin A 40% • Vitamin C 15%

Calcium 2% • 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



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