Brussels Sprouts, Cranberry, and Quinoa Salad

Ingredients:

- 1 pound Brussels sprouts, rinsed, ends trimmed, halved lengthwise, and thinly sliced crosswise
- · 2 cups cooked quinoa

- 1 cup dried cranberries
- 2/3 cup chopped pecans, toasted

Orange Vinaigrette

- 1/4 cup freshly squeezed orange juice
- 1/4 cup olive oil

· 2 tablespoons apple cider vinegar

Source: gimmesomeoven.com

Pinch of salt and pepper

Directions

To make salad: Toss all ingredients together until combined.

To make vinaigrette: Whisk all ingredients together until combined.

Nutrition Facts

Serving Size (183g) Servings Per Container 6

Amount Per Serving

Calories 300 Calories from Fat 140

	% Daily Value*
Total Fat 15g	23%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 34g	11%
Dietary Fiber 6g	24%
Sugars 14g	

Protein 6g

Vitamin A 6%	 Vitamin C 100%
Calcium 4%	• Iron 10%

*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 Carbohydra	ate	300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

