

Tossed Salad



Servings: 4

Ingredients

1 medium head of iceberg lettuce

1/2 English Cucumber, sliced

16 cherry tomatoes sliced

Directions:

Core the lettuce, finely shred

Add sliced cucumber and tomatoes

Endo Tossed Salad		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	36.7	
	% Daily Value*	
Total Fat	0.3 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	25.7 mg	1 %
Total Carbohydrate	8.6 g	3 %
Dietary Fiber	2.6 g	9 %
Total Sugars	5.1 g	
Added Sugars	0 g	0 %
Protein	1.8 g	
Vitamin D	0 mcg	0 %
Calcium	31.7 mg	2 %
Iron	0.3 mg	2 %
Potassium	403.8 mg	9 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		