

Christmas Salad

Yield: 6 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-kale-and-orange-salad-recipe>

Ingredients:

- 3 cups Brussels sprouts finely shredded
- 3 cups kale finely shredded
- 1 1/2 cups pomegranate arils
- 1/2 cup chopped almonds toasted*
- 3 slices cooked bacon crumbled, omit for vegetarian
- 1/4 cup Parmesan cheese finely grated
- 1 Orange zested and juiced
- 1 lemon zested and juiced
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 1 clove garlic smashed
- kosher salt
- freshly ground black pepper
- 1/4 cup extra virgin olive oil

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 5 milligrams
4. Fat: 19 grams
5. Fiber: 8 grams
6. Protein: 9 grams
7. SaturatedFat: 3 grams
8. Sodium: 310 milligrams
9. Sugar: 8 grams

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