

Purple Kale Sprouts Christmas Salad

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-sprouts-recipe-with-bacon>

Ingredients:

- 400 grams sprouts purple kale
- 1 oranges
- 2/3 cup fresh cranberries or 1/3 cup dried cranberries
- 1/3 cup pecan
- 1 tablespoon tahini
- 1/2 honey tbsb
- 1/3 tablespoon dijon
- 1 tablespoon orange juice
- 2 tablespoons extra-virgin olive oil
- 1 pinch sea salt

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 17 grams
3. Fat: 19 grams
4. Fiber: 7 grams
5. Protein: 6 grams
6. SaturatedFat: 2 grams
7. Sodium: 100 milligrams
8. Sugar: 4 grams

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