

Cranberry Apple Brussel Sprout Salad

Yield: 6 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/in-style-thanksgiving-brussel-sprouts-recipe>

Ingredients:

- 3 cups kale torn, tear into small pieces
- 2 cups Brussels sprouts shredded
- 1/2 cup roasted butternut squash
- 1/4 cup red onion sliced
- 1/3 cup cranberries
- 1/4 cup pepitas
- 1 Granny Smith apple thinly sliced
- 2 ounces crumbled goat cheese
- 1 tablespoon whole grain mustard
- 2 tablespoons apple cider vinegar
- 1 tablespoon honey
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon cinnamon
- 2 tablespoons olive oil
- 1 garlic clove minced
- salt
- pepper

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 10 milligrams
4. Fat: 11 grams
5. Fiber: 4 grams
6. Protein: 7 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 210 milligrams

9. Sugar: 8 grams

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