

Kale, Apple, and Pancetta Salad

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/radicchio-recipe-thanksgiving>

Ingredients:

- 1/3 cup extra-virgin olive oil
- 4 ounces sliced pancetta diced
- 1/4 cup champagne vinegar
- 1/4 cup pure maple syrup
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 head radicchio shredded
- 8 ounces kale stems discarded, leaves shredded
- 2 tart yet sweet apples, sliced into thick matchsticks
- 3/4 cup pecans toasted if desired

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 15 milligrams
4. Fat: 39 grams
5. Fiber: 4 grams
6. Protein: 10 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 490 milligrams
9. Sugar: 14 grams

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