

# Massaged Kale Salad

Yield: 4 min  
Total Time: 10 min

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

## Ingredients:

- 1 bunch kale washed and dried
- olive oil
- vegetable oil
- 2/3 cup dried cranberries
- 1/2 cup toasted cashews crushed, or pumpkin seeds
- 1/2 cup vegan mayonnaise
- 2 tablespoons lemon juice

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 26 grams
3. Fat: 24 grams
4. Fiber: 4 grams
5. Protein: 8 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 50 milligrams
8. Sugar: 6 grams

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