

Healthy Holiday Salad

Yield: 6 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/tapioca-holiday-salad-recipe>

Ingredients:

- 4 cups red swiss chard sliced into ribbons
- 2 oranges peeled and chopped
- 1 cup radishes sliced
- 1 cup grapes sliced in half
- 1/4 cup pecans
- 1/4 cup apple cider vinegar
- 2 tablespoons maple syrup
- 1/4 teaspoon turmeric
- 1/4 teaspoon black pepper
- 1/8 teaspoon cayenne pepper

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 20 grams
3. Fat: 4.5 grams
4. Fiber: 5 grams
5. Protein: 2 grams
6. Sodium: 60 milligrams
7. Sugar: 7 grams

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