

Raw Kale Salad with Pecorino (or Parmesan) and Lemon

Yield: 3 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-raw-beef-lemon-salad-recipe>

Ingredients:

- 8 ounces kale leaves washed, dried, and sliced into strips
- 1/3 cup pecorino cheese coarsely grated
- 2 tablespoons lemon juice fresh squeezed
- 2 tablespoons extra-virgin olive oil
- black ground pepper
- sea salt

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 10 milligrams
4. Fat: 12 grams
5. Fiber: 2 grams
6. Protein: 5 grams
7. SaturatedFat: 3 grams
8. Sodium: 400 milligrams

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