



Garden Salad

Ingredients

4 cups salad greens
1 whole tomato, chopped
1 whole cucumber,
chopped

Makes 4 servings

Instructions

1. Place all ingredients in a bowl and mix together.
2. Serve cold.

Note:

- Serve with low fat salad dressing.

Nutrition Facts

Serving Size 1 1/2
Servings Per Container 4

Amount Per Serving

Calories 25 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 5g **2%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 2g

Vitamin A 50% • Vitamin C 20%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

0% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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