

## Shredded Lettuce and Apple Salad with Lemon Dressing



Servings: 4

### Ingredients:

- 4 cups **lettuce** (shredded)
- 1/3 cup fresh parsley, chopped (optional)
- 1 **green apple** (sliced in small strips)
- 1 **lemon, juiced or about 2-3 tbsp** (and zest)
- 2 Tbsp. **olive oil**
- salt (as desired)
- pepper (as desired)

### Directions

1. Mix the lemon juice, lemon zest, olive oil, salt, and pepper in a sealed container.
2. Place the lettuce leaves, parsley (optional), and apples in a bowl.
3. Pour the dressing over the salad, sprinkle with salt and pepper as desired, and serve.

Shredded lettuce and green apple with lemon dressing		
<b>Nutrition Facts</b>		
Serving Size	1 Serving	
Amount Per Serving		
<b>Calories</b>	<b>108.8</b>	
		<b>% Daily Value*</b>
<b>Total Fat</b>	7 g	9 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	13.3 mg	1 %
<b>Total Carbohydrate</b>	11.1 g	4 %
Dietary Fiber	2.6 g	9 %
Total Sugars	7.3 g	
Added Sugars	0 g	0 %
<b>Protein</b>	1.4 g	
Vitamin D	0 mcg	0 %
Calcium	29.6 mg	2 %
Iron	0.7 mg	4 %
Potassium	219.2 mg	5 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
<small>Full info at <a href="http://cronometer.com">cronometer.com</a></small>		