

D'Arrigo Recipes - January 2019

Rainbow Broccoli Rabe Power Salad

Serves: 4

Nutritional Analysis per serving:

Nutrient	Value	% DV		Nutrient	Value	% DV
Calories	320			Vitamin D	0mcg	0%
Total Fat	22g	28%		Calcium	208mg	15%
Saturated Fat	3g	14%		Iron	5mg	25%
Trans Fat	0g			Potassium	871mg	20%
Cholesterol	0mg	0%				
Sodium	250mg	11%				
Total Carbohydrate	26g	9%				
Dietary Fiber	10g	37%				
Total Sugars	9g					
Added Sugars	1g	3%				
Protein	11g					

Notes:

- Ingredients without exact measurements (salt) are not figured into analysis.

Rainbow Broccoli Rabe Power Salad

Serves: 6

Nutritional Analysis per serving:

Nutrient	Value	% DV		Nutrient	Value	% DV
Calories	210			Vitamin D	0mcg	0%
Total Fat	14g	19%		Calcium	139mg	10%
Saturated Fat	2g	9%		Iron	3mg	15%
Trans Fat	0g			Potassium	581mg	10%
Cholesterol	0mg	0%				
Sodium	170mg	7%				
Total Carbohydrate	17g	6%				
Dietary Fiber	7g	24%				
Total Sugars	6g					
Added Sugars	1g	2%				
Protein	7g					

Notes:

- Ingredients without exact measurements (salt) are not figured into analysis.