



4 Servings

chopped kale salad with chicken

Ingredients

kale	6 cup
chicken, boneless, roasted	16 oz
olive oil	2/3 Tbsp
lemon juice	2 Tbsp
black pepper	1 tsp
lemon peel	2 tsp

Nutrition Totals

Calories 1048 / **Carbs** 39 g / **Protein** 131 g / **Fat** 43 g / **Fluid** 23 fl oz

Instructions

1. Combine olive oil, lemon juice, lemon peel, and pepper in small bowl.
2. Pour over chopped kale and toss.
3. Divide kale into 4 bowls.
4. Top each bowl of kale with 4 oz of roasted chicken breast.



Nutrition Label

Chopped Kale Salad With Chicken	
Amount Per Serving	
Calories	262
% Daily Value*	
Total Fat 10.7g	17%
Saturated Fat 2.4g	12%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 123.5mg	5%
Total Carbohydrates 9.8g	3%
Dietary Fiber 3.8g	16%
Total Sugar 2.5g	
Protein 32.7g	
Vitamin D 0IU	0%
Calcium 168.5mg	17%
Iron 2.9mg	16%
Potassium 769.6mg	

* 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.