

Featured Recipe at

The Nest in Louisville Hall

Harvest Salad



Combine the veggies in a bowl and mix in dressing. Then refrigerate until you are ready to eat! It's that simple!

- 2 cups canned whole kernel corn, drained
- ¾ chopped tomato
- ½ cup chopped green pepper
- ½ cup chopped celery
- ¼ cup chopped onion
- ¼ cup fat free ranch dressing

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The Nest convenience store

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Harvest Salad

Nutrition Facts	
Serving Size 1/6 salad	
Serving per Recipe 6	
Amount per Serving	
Calories 119	Calories from Fat 10.1
	% Daily Value
Total Fat 1.12 g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 387.08mg	16%
Total Carbohydrate 23.95g	7%
Dietary Fiber 2.75g	11%
Sugars 6.61g	
Protein 2.55g	5%
Est. Percent Calories From:	
Fat	9%
Carbs	80%
Protein	8%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.	

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