

Celestial Salad

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

Servings: 6

1 head lettuce
1 can (11 ounce) mandarin orange
sections, drained
1 cup green grapes, halved
1/2 cup green onions, chopped
1/2 cup sliced toasted almonds,
divided
2/3 cup salad oil
3 tablespoons vinegar
1/3 cup orange juice
1 teaspoon celery seeds
salt (to taste)
dash dry mustard
2 tablespoons parsley, chopped
1/4 cup sugar

Wash the lettuce and tear into bite-size pieces.

In a large bowl, combine the lettuce, orange sections, grapes, onion and one-half of the almonds.

In a covered container, combine the salad oil, vinegar, orange juice, celery seeds, salt, mustard and sugar. Shake well.

Pour over the salad and toss well.

Sprinkle with the parsley and remaining almonds.

Per Serving (excluding unknown items): 268 Calories; 24g Fat (78.8% calories from fat); 1g Protein; 14g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 5 Fat; 1/2 Other Carbohydrates.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	268	Vitamin B6 (mg):	trace
% Calories from Fat:	78.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	20.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.8%	Riboflavin B2 (mg):	trace
Total Fat (g):	24g	Folacin (mcg):	20mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	0mg
Carbohydrate (g):	14g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	4mg
Potassium (mg):	124mg
Calcium (mg):	24mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	12mg
Vitamin A (i.u.):	317IU
Vitamin A (r.e.):	36RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	5
Other Carbohydrates:	1/2

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 268 Calories from Fat: 211

% Daily Values*

Total Fat	24g	37%
Saturated Fat	3g	14%
Cholesterol	0mg	0%
Sodium	4mg	0%
Total Carbohydrates	14g	5%
Dietary Fiber	1g	3%
Protein	1g	

Vitamin A	6%
Vitamin C	21%
Calcium	2%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.