

Oranges & Almonds

Swick

Makes 1 servings | Active Time: 5 minutes | Total Time: 5 minutes

Chef's Notes

Nutrition: Calories 242; Fat 18g; Carbs 16g; Fiber 6g; Sugar 8g; Protein 8g; Cholesterol 0mg; Sodium 1mg; Vitamin A 174IU; Vitamin C 41mg; Calcium 126mg; Iron 1mg

Step 1: Method

- 1/4 cup Almonds (40 grams) Slice oranges and combine with almonds
- 1/2 Navel Orange