

sweet kale salad kit nutrition

sweet kale salad kit nutrition is a topic of growing interest among health-conscious consumers seeking convenient yet nutritious meal options. These salad kits typically combine kale, a nutrient-dense leafy green, with a variety of complementary ingredients such as fruits, nuts, seeds, and dressings designed to enhance flavor and nutritional value. Understanding the nutritional profile of sweet kale salad kits is essential for those aiming to maintain a balanced diet, manage calorie intake, or boost their consumption of vitamins and minerals. This article explores the key nutrients found in sweet kale salad kits, their health benefits, potential allergens, and tips for maximizing nutritional intake. Additionally, it provides insights into how these kits compare to other salad options and the role they play in a healthy lifestyle.

- Nutritional Composition of Sweet Kale Salad Kits
- Health Benefits of Key Ingredients
- Caloric Content and Portion Considerations
- Potential Allergens and Dietary Restrictions
- Comparing Sweet Kale Salad Kits to Other Salad Options
- Tips for Enhancing Nutritional Value

Nutritional Composition of Sweet Kale Salad Kits

Sweet kale salad kits are formulated to provide a balanced mix of macronutrients and micronutrients. Typically, these kits contain fresh kale leaves combined with sweet elements such as dried fruits (raisins, cranberries), nuts (almonds, walnuts), seeds (pumpkin, sunflower), and a sweet vinaigrette or dressing. The nutritional profile varies depending on the brand and specific ingredients, but common attributes include high fiber content, moderate protein levels, and healthy fats derived mostly from nuts and seeds.

Macronutrients

Kale, the base of these salad kits, is low in calories but high in fiber, which aids in digestion and promotes a feeling of fullness. The inclusion of

nuts and seeds provides essential healthy fats, primarily unsaturated fats, which support heart health. Protein content is moderate and is primarily plant-based, derived from nuts and seeds supplemented by kale's own protein. Carbohydrates come mainly from the sweet components like dried fruits and the dressing's sugars.

Micronutrients

Sweet kale salad kits are rich in vitamins and minerals. Kale itself is an excellent source of vitamins A, C, and K, as well as minerals such as calcium, potassium, and iron. The sweet components may add small amounts of additional vitamins and antioxidants. The dressing often contains ingredients such as olive oil, which contributes vitamin E and other antioxidants, further enhancing the kit's nutrient density.

Health Benefits of Key Ingredients

The ingredients in sweet kale salad kits offer numerous health benefits individually and synergistically when combined. These benefits make these kits a valuable addition to a nutrient-rich diet.

Kale: A Nutritional Powerhouse

Kale is a cruciferous vegetable renowned for its high antioxidant content, including beta-carotene, vitamin C, and flavonoids. It supports immune function, reduces inflammation, and promotes cardiovascular health. Its high vitamin K content is essential for blood clotting and bone health.

Dried Fruits and Natural Sweeteners

Dried fruits such as cranberries and raisins add natural sweetness and provide antioxidants, fiber, and small amounts of vitamins. They contribute to improved digestion and provide energy through natural sugars, making the salad more palatable without relying on processed sugars.

Nuts and Seeds

Nuts and seeds included in these kits offer healthy fats, protein, and essential minerals like magnesium and zinc. They support heart health, brain function, and help regulate blood sugar levels. Their crunchy texture also enhances the overall eating experience.

Caloric Content and Portion Considerations

Understanding the caloric content of sweet kale salad kits is crucial for individuals managing weight or caloric intake. These kits generally provide between 250 to 400 calories per serving, depending on the amount and types of added ingredients and dressings.

Calories from Macronutrients

Calories primarily come from fats in nuts and seeds, carbohydrates from dried fruits and dressings, and a smaller proportion from protein. The presence of fiber helps moderate the absorption rate of sugars, which can aid in blood sugar control.

Serving Size and Satiety

Portion size plays a critical role in the overall nutritional impact of the salad kit. A typical serving ranges from 85 to 120 grams, which is sufficient to provide essential nutrients while promoting satiety. Pairing the salad with lean protein or whole grains can further balance the meal and extend fullness.

Potential Allergens and Dietary Restrictions

While sweet kale salad kits are generally healthy, it is important to consider potential allergens and dietary restrictions associated with their ingredients. Awareness of these factors ensures safe consumption for individuals with sensitivities.

Common Allergens

Many salad kits contain nuts (such as almonds or walnuts) and seeds, which are common allergens. Additionally, some dressings may contain dairy, soy, or gluten-containing ingredients. Checking labels is essential for those with allergies or intolerances to avoid adverse reactions.

Dietary Suitability

Sweet kale salad kits are typically suitable for vegetarian and vegan diets, especially when plant-based dressings are used. They are also compatible with gluten-free diets if no gluten-containing additives are present. However, individuals on low-sugar or low-fat diets should review the nutritional information carefully due to the presence of dried fruits and oil-based dressings.

Comparing Sweet Kale Salad Kits to Other Salad Options

In the wide range of pre-packaged salad kits, sweet kale salad kits stand out due to their unique combination of nutrient-dense kale and sweet, flavorful additions. Comparing these kits to other salad options highlights their nutritional advantages and potential limitations.

Compared to Traditional Green Salad Kits

Traditional green salad kits often include iceberg lettuce, romaine, or spinach, which may have lower nutrient density than kale. Sweet kale salad kits provide higher levels of vitamins A, C, and K, as well as more antioxidants and fiber. The inclusion of nuts and dried fruits also adds beneficial macronutrients and micronutrients absent from simpler green salads.

Compared to Protein-Heavy Salad Kits

Some salad kits focus on protein content by incorporating grilled chicken or tofu. While sweet kale salad kits offer moderate protein from nuts and seeds, they may provide less total protein than these options. However, their higher fiber and antioxidant content offer complementary health benefits that support overall well-being.

Tips for Enhancing Nutritional Value

To maximize the health benefits of sweet kale salad kits, consider incorporating additional nutrient-rich ingredients or pairing the kit with complementary foods.

Adding Lean Proteins

Boost protein intake by adding grilled chicken, chickpeas, or hard-boiled eggs to the salad. This enhances satiety and supports muscle maintenance and repair.

Incorporating Fresh Vegetables

Including extra fresh vegetables such as cherry tomatoes, cucumbers, or bell peppers increases vitamin and mineral diversity while adding volume and crunch.

Choosing Dressings Wisely

Opt for dressings that are low in added sugars and unhealthy fats. Homemade vinaigrettes with olive oil and balsamic vinegar can enhance flavor without excess calories. Alternatively, use the provided dressing sparingly to control caloric intake.

- Enhance protein content with lean additions
- Add fresh vegetables for variety and nutrients
- Use dressings in moderation or homemade alternatives
- Monitor portion sizes to balance calorie intake
- Check ingredient lists for allergens and dietary compliance

Frequently Asked Questions

What are the main nutritional benefits of the Sweet Kale Salad Kit?

The Sweet Kale Salad Kit is rich in vitamins A, C, and K, provides dietary fiber, and contains antioxidants from the kale and other ingredients.

How many calories are in one serving of Sweet Kale Salad Kit?

One serving of Sweet Kale Salad Kit typically contains around 150 to 200 calories, depending on the brand and dressing included.

Does the Sweet Kale Salad Kit contain added sugars?

Yes, the Sweet Kale Salad Kit often contains some added sugars, primarily in the dressing or dried fruit included, but usually in moderate amounts.

Is the Sweet Kale Salad Kit a good source of fiber?

Yes, the Sweet Kale Salad Kit provides a good amount of dietary fiber, mainly from the kale and other vegetables included, which supports digestive health.

Are there any allergens commonly found in Sweet Kale

Salad Kits?

Some Sweet Kale Salad Kits may contain allergens such as nuts, dairy, or soy in the dressing or toppings, so it is important to check the label if you have allergies.

How much protein is in a Sweet Kale Salad Kit serving?

A typical serving of Sweet Kale Salad Kit contains around 2 to 4 grams of protein, depending on the ingredients and whether nuts or seeds are included.

Is the Sweet Kale Salad Kit suitable for a low-carb diet?

The Sweet Kale Salad Kit is relatively low in carbohydrates, but the dressing and added sweet ingredients may contribute some sugars, so it can be consumed in moderation on a low-carb diet.

Does the Sweet Kale Salad Kit contain any healthy fats?

Yes, Sweet Kale Salad Kits often include healthy fats from ingredients like nuts, seeds, or olive oil-based dressings, which can support heart health.

Additional Resources

1. The Nutritional Power of Sweet Kale Salad Kits

This book explores the health benefits of sweet kale salad kits, focusing on their rich nutrient profiles and how they contribute to overall wellness. Readers will find detailed breakdowns of vitamins, minerals, and antioxidants found in kale and complementary salad ingredients. It also includes tips on selecting the freshest kits and incorporating them into balanced meals.

2. Delicious and Nutritious: Sweet Kale Salad Recipes

A culinary guide dedicated to creating flavorful and healthful salads using sweet kale salad kits. The book offers a variety of recipes that combine kale with fruits, nuts, and dressings to maximize both taste and nutrition. It's perfect for those looking to enhance their diet with easy-to-prepare, nutrient-dense meals.

3. Kale and Beyond: Understanding Salad Kit Nutrition

This book delves into the science behind salad kits, with an emphasis on sweet kale varieties. It explains the nutritional advantages of pre-packaged salad kits and compares them to fresh produce options. Readers will also learn about the impact of packaging and storage on nutrient retention.

4. *The Sweet Kale Salad Kit Handbook*

A comprehensive guide that covers everything from choosing the best sweet kale salad kits to storing and preparing them to preserve nutritional value. The book also addresses common questions about kale's health benefits and how to enhance them with complementary ingredients. It's a must-have for health-conscious salad lovers.

5. *Superfoods Spotlight: Sweet Kale Salad Kits*

Highlighting sweet kale salad kits as a superfood option, this book discusses their role in fighting inflammation, boosting immunity, and supporting digestion. It includes scientific studies supporting these claims and practical advice for integrating these kits into daily nutrition plans.

6. *Fresh and Fit: Nutrition Tips for Sweet Kale Salad Kits*

Focused on nutrition optimization, this book offers strategies for combining sweet kale salad kits with other healthy foods to create balanced meals. It covers macronutrients, fiber content, and antioxidants, helping readers understand how to get the most health benefits from their salads.

7. *Sweet Kale Salad Kits: A Nutritionist's Guide*

Written by a professional nutritionist, this guide breaks down the components of sweet kale salad kits and their effects on health. It provides personalized meal planning suggestions and debunks common myths about kale and salad kits. The book is ideal for those seeking expert advice on incorporating these salads into their diet.

8. *From Farm to Table: The Journey of Sweet Kale Salad Kits*

This book traces the production and distribution process of sweet kale salad kits, emphasizing how nutrition is preserved from farm to consumer. It also discusses sustainable farming practices and their impact on the nutritional quality of kale. Readers gain insight into the food supply chain and how it relates to salad kit nutrition.

9. *The Sweet Kale Salad Kit Diet: Eat Well, Live Well*

A practical diet plan centered around sweet kale salad kits, this book promotes healthy eating habits and lifestyle changes. It includes meal plans, shopping lists, and advice on maintaining long-term nutrition goals. The author encourages readers to embrace sweet kale salads as a cornerstone of a vibrant, healthful diet.

Sweet Kale Salad Kit Nutrition

Find other PDF articles:

<http://www.devensbusiness.com/archive-library-407/pdf?trackid=tAn33-2687&title=illinois-special-education-tuition-waiver.pdf>

sweet kale salad kit nutrition: Ketogenic Diet Simplified Jill Willink, 2019-03-15 LOSING WEIGHT and watching YOUR DIET just got a little EASIER with this KETOGENIC DIET SIMPLIFIED Cookbook. The latest RESEARCH reveals that LOW-CARB DIETS are an invaluable tool in DEALING with HEALTH CONDITIONS such as OBESITY, DIABETES, METABOLIC SYNDROME, LIPID DISORDERS, EPILEPSY, AND INCREASINGLY, CANCER. When you eat FOODS HIGHER in GOOD FATS, MODERATE PROTEIN, and LITTLE-TO-NO CARBOHYDRATES, you'll feel LESS HUNGRY. Your METABOLISM READJUSTS to BURNING FAT rather than CARBS AND GLUCOSE that usually slow down your system. Here is the collection of 120 QUICK and EASY RECIPES that are not only RELIABLE and TRUE to the KETO WAY of life, but also MOUTH-WATERINGLY DELICIOUS. Discover the FACTS ABOUT the KETOGENIC DIET the most COMPREHENSIVE way and the USEFUL TIPS and PRACTICAL SOLUTIONS that BENEFIT AND HELPS for your smooth KETO LIFESTYLE. With BREAKFASTS, SNACKS, SOUPS, SIDES, MAIN DISHES and DESSERTS, you'll be enjoying DELICIOUS MEALS while giving your body the most NOURISHING MEALS. LOSE WEIGHT, GET HEALTHY, and enjoy all the BENEFITS of the KETOGENIC DIET for the LONG-TERM. This KETOGENIC DIET SIMPLIFIED eBook will help you ACHIEVE the RESULTS you want no matter how hectic your lifestyle. Get a copy today, enjoy GREAT FOOD & START LIVING your KETO LIFESTYLE today itself! It's really that simple!

sweet kale salad kit nutrition: Keto Recipes in 30 Minutes Sally Nielsen, 2019-05-08 This cookbook KETO RECIPES IN 30 MINUTES is for busy KETO DIETERS. Filled with HEALTHY, WHOLE FOOD RECIPES that take 30 MINUTES or LESS from START TO FINISH, it is EASIER than ever to GET your FILL of the KETO DIET and all of its HEALTH BENEFITS with QUICK, SATISFYING RECIPES for HEALTH WEIGHT LOSS AND LONGEVITY. No need to complicate your schedule while EATING KETO-one of the HEALTHIEST & DELICIOUS DIET. KETO RECIPES IN 30 MINUTES offers the FASTEST RECIPES to STAY on TRACK with the KETO DIET no matter HOW BUSY life gets. KETO RECIPES IN 30 MINUTES will make cooking KETO EVERY DAY easy with: · A Basic Overview Of The Diet Along With Lists Of Foods To Enjoy And Avoid To Make The Keto Diet A Part Of Your Day-To-Day Life. · 105 Tasty Kitchen-Tested, Fresh & Flavorful Recipes For Breakfast, Lunch, Dinner, Dessert, And Sides, So That You Can Eat The Keto Way All Day, Every Day. · Useful Tips To Prep You For A Fool Proof Success On The Keto Diet, And Make Eating Keto Faster And Easier Than Ever. ENJOY every minute of EVERY MEAL, and LIVE the KETOGENIC LIFESTYLE to the FULLEST. Get the incredible HEALTH BENEFITS of the KETO DIET. Keto Recipes in 30 Minutes Cookbook is here to MAKE this HEALTHY LIFESTYLE DOABLE, SIMPLE, and DELICIOUS even for super-busy people!

sweet kale salad kit nutrition: Community Nutrition Action Kit , 1996

sweet kale salad kit nutrition: *What Do I Eat Now? 3rd Edition* Tami A. Ross, 2020-04-14 Ditch the fad diets and learn how to eat well for life with the brand new edition of the American Diabetes Association's best-selling nutrition resource *What Do I Eat Now?* Healthy eating and meal planning are essential to the successful management or prevention of type 2 diabetes, but figuring out exactly what to eat can be challenging. You may be surprised to learn that there isn't one "diabetes diet" that's right for everyone. So, if you have diabetes or prediabetes, especially if you've just been diagnosed, you're probably wondering, *What Do I Eat Now?* This no-nonsense guide was created to answer that question and give you all the tools you need for a lifetime of healthy eating. Fully revised and updated, this new edition puts the latest information about diabetes management—backed by the experts at the American Diabetes Association—at your fingertips! Written in clear, concise language, each chapter in this beginner-friendly guide explains a vital concept of diabetes nutrition, including: understanding carbohydrates and macronutrients, different eating patterns for diabetes management or prevention, portion control, reading nutrition labels, smart shopping and cooking techniques, and strategies for eating out and special occasions. No trendy, restrictive diets or confusing nutrition science—just straightforward advice and strategies to help you successfully manage or prevent diabetes through healthy eating. *What Do I Eat Now?* is the single best nutrition resource for people with diabetes or prediabetes. Get started on the path

toward a happy, healthy life today!

sweet kale salad kit nutrition: Catalog Food and Nutrition Information Center (U.S.), 1974

sweet kale salad kit nutrition: World Almanac and Book of Facts 1987 Hana Umlauf Lane, 1986-12 Thoroughly revised and updated, this comprehensive reference encompasses thousands of facts and trivia about the worlds of geography, world history, the arts, sports, politics, agriculture, and economics

sweet kale salad kit nutrition: HealthierUS School Challenge , 2010 Within these pages are tools, tips, and ideas for submitting a winning application for the HealthierUS School Challenge. The HealthierUS School Challenge was established to recognize schools that are creating healthier school environments through their promotion of good nutrition and physical activity--P. 2.

sweet kale salad kit nutrition: The World Almanac & Book of Facts , 1987

sweet kale salad kit nutrition: The World Almanac and Book of Facts, 1986 Newspaper Enterprise Association, Newspaper Enterprise Association Staff, 1985-12

sweet kale salad kit nutrition: School Idea and Resource Kit California. Department of Education, 1994 The activities in this kit are designed to raise awareness and encourage children to eat five servings of fruits and vegetables every day for good health. The kit is organized into six components: classroom power, which includes activities for a large group or classroom of children; student power, which includes awareness activities that students can work on independently at home or at school; family power, which encourages family interaction and increases family awareness of the importance of eating five servings of fruits and vegetables a day; cafeteria power, which includes promotional ideas that encourage students to choose a fruit and vegetable selection at breakfast and lunch; school power, which includes awareness activities that enhance and reinforce the 5 a day message; and community power, which helps students spread the 5 a day message to the local community.

sweet kale salad kit nutrition: The World almanac and book of facts. 1985 , 1985

sweet kale salad kit nutrition: The World Almanac and Book of Facts , 1981

sweet kale salad kit nutrition: World Almanac and Book of Facts World Almanac, 1986-11 The latest edition of the annual one-of-a-kind informational bestseller.

sweet kale salad kit nutrition: World Almanac and Book of Facts-86 Hana Umlauf Lane, 1985-11

sweet kale salad kit nutrition: The World almanac and book of facts. 1982 Newspaper Enterprise Association, 1981-12 Compilation of statistics and general information in useful sections; sports records with year's events in every major field and many minor ones and past records; chronicle of advances in medicine and science; information on finance, labor, United Nations, population, education, and religion.

sweet kale salad kit nutrition: Hospitals , 1956

sweet kale salad kit nutrition: 21 Days of Sweet Kale Salad Mix Recipes Lisa Boesen, 2019-01-07 Want to add cruciferous vegetables in your meals? Eat smarter? Stay Healthy? From the blog, The Domestic Administrator, Lisa Boesen shares a three week supply of easy recipes derived from the cruciferous kale salad mixes readily on the market. Breakfast, lunch and dinner recipes and most are ready to make in less than 30 minutes!

sweet kale salad kit nutrition: Healthier US School Challenge , 2010

sweet kale salad kit nutrition: Organic Gardening , 1980

sweet kale salad kit nutrition: Better Homes and Gardens , 1996

Related to sweet kale salad kit nutrition

The Sweet - Wikipedia The Sweet adopted the rich vocal harmony style of the Hollies, with distorted guitars and a heavy rhythm section. This fusion of pop and hard rock would remain a central trademark of Sweet's

SWEET Definition & Meaning - Merriam-Webster The meaning of SWEET is being, inducing, or marked by the one of the five basic taste sensations that is usually pleasing to the taste and typically

induced by sugars (as sucrose or

SWEET | English meaning - Cambridge Dictionary sweet adjective (PLEASANT) If an emotion or event is sweet, it is very pleasant and satisfying

Sweet - Definition, Meaning & Synonyms | Sweet can be an adjective or a noun. It can describe something pleasing to the senses, like a sweet song, or when you're playing basketball and get nothing but net

sweet - Wiktionary, the free dictionary sweet (comparative sweeter, superlative sweetest)

Tasting of sugars. quotations

SWEET definition in American English | Collins English Dictionary If you describe someone as sweet, you mean that they are pleasant, kind, and gentle toward other people. He is a very kind and sweet man

Sweet - definition of sweet by The Free Dictionary Define sweet. sweet synonyms, sweet pronunciation, sweet translation, English dictionary definition of sweet. the taste experience of sugar; a food rich in sugar; pleasing to the mind or

Sweet Definition & Meaning | YourDictionary Sweet definition: Having the taste of sugar or a substance containing or resembling sugar, as honey or saccharin

SWEET Definition & Meaning | Sweet definition: having the taste or flavor characteristic of sugar, honey, etc.. See examples of SWEET used in a sentence

SWEET Synonyms: 403 Similar and Opposite Words - Merriam-Webster Synonyms for SWEET: adorable, dear, beautiful, lovely, precious, loved, lovable, darling; Antonyms of SWEET: hateful, loathsome, odious, unpleasant, detestable, abominable,

The Sweet - Wikipedia The Sweet adopted the rich vocal harmony style of the Hollies, with distorted guitars and a heavy rhythm section. This fusion of pop and hard rock would remain a central trademark of Sweet's

SWEET Definition & Meaning - Merriam-Webster The meaning of SWEET is being, inducing, or marked by the one of the five basic taste sensations that is usually pleasing to the taste and typically induced by sugars (as sucrose or

SWEET | English meaning - Cambridge Dictionary sweet adjective (PLEASANT) If an emotion or event is sweet, it is very pleasant and satisfying

Sweet - Definition, Meaning & Synonyms | Sweet can be an adjective or a noun. It can describe something pleasing to the senses, like a sweet song, or when you're playing basketball and get nothing but net

sweet - Wiktionary, the free dictionary sweet (comparative sweeter, superlative sweetest)

Tasting of sugars. quotations

SWEET definition in American English | Collins English Dictionary If you describe someone as sweet, you mean that they are pleasant, kind, and gentle toward other people. He is a very kind and sweet man

Sweet - definition of sweet by The Free Dictionary Define sweet. sweet synonyms, sweet pronunciation, sweet translation, English dictionary definition of sweet. the taste experience of sugar; a food rich in sugar; pleasing to the mind or

Sweet Definition & Meaning | YourDictionary Sweet definition: Having the taste of sugar or a substance containing or resembling sugar, as honey or saccharin

SWEET Definition & Meaning | Sweet definition: having the taste or flavor characteristic of sugar, honey, etc.. See examples of SWEET used in a sentence

SWEET Synonyms: 403 Similar and Opposite Words - Merriam-Webster Synonyms for SWEET: adorable, dear, beautiful, lovely, precious, loved, lovable, darling; Antonyms of SWEET: hateful, loathsome, odious, unpleasant, detestable, abominable,

The Sweet - Wikipedia The Sweet adopted the rich vocal harmony style of the Hollies, with distorted guitars and a heavy rhythm section. This fusion of pop and hard rock would remain a central trademark of Sweet's

SWEET Definition & Meaning - Merriam-Webster The meaning of SWEET is being, inducing, or

marked by the one of the five basic taste sensations that is usually pleasing to the taste and typically induced by sugars (as sucrose or

SWEET | English meaning - Cambridge Dictionary sweet adjective (PLEASANT) If an emotion or event is sweet, it is very pleasant and satisfying

Sweet - Definition, Meaning & Synonyms | Sweet can be an adjective or a noun. It can describe something pleasing to the senses, like a sweet song, or when you're playing basketball and get nothing but net

sweet - Wiktionary, the free dictionary sweet (comparative sweeter, superlative sweetest) Tasting of sugars. quotations

SWEET definition in American English | Collins English Dictionary If you describe someone as sweet, you mean that they are pleasant, kind, and gentle toward other people. He is a very kind and sweet man

Sweet - definition of sweet by The Free Dictionary Define sweet. sweet synonyms, sweet pronunciation, sweet translation, English dictionary definition of sweet. the taste experience of sugar; a food rich in sugar; pleasing to the mind or

Sweet Definition & Meaning | YourDictionary Sweet definition: Having the taste of sugar or a substance containing or resembling sugar, as honey or saccharin

SWEET Definition & Meaning | Sweet definition: having the taste or flavor characteristic of sugar, honey, etc.. See examples of SWEET used in a sentence

SWEET Synonyms: 403 Similar and Opposite Words - Merriam-Webster Synonyms for SWEET: adorable, dear, beautiful, lovely, precious, loved, lovable, darling; Antonyms of SWEET: hateful, loathsome, odious, unpleasant, detestable, abominable,

Related to sweet kale salad kit nutrition

Dole debuts salad kit line extensions (FoodBusinessNews5y) CHARLOTTE, NC. – Dole Food Company, Inc. has added two new Premium salad kits and one new Chopped salad kit to its produce portfolio. The Premium Sweet Kale Salad Kit includes green cabbage, kale,

Dole debuts salad kit line extensions (FoodBusinessNews5y) CHARLOTTE, NC. – Dole Food Company, Inc. has added two new Premium salad kits and one new Chopped salad kit to its produce portfolio. The Premium Sweet Kale Salad Kit includes green cabbage, kale,

Dole Premium Salad Kits (Convenience Store News5y) The new offerings feature innovative salad ingredients and flavor combinations. Dole is extending its offerings with two new Premium Salad Kits and one new Chopped! Salad Kit that provide retailers

Dole Premium Salad Kits (Convenience Store News5y) The new offerings feature innovative salad ingredients and flavor combinations. Dole is extending its offerings with two new Premium Salad Kits and one new Chopped! Salad Kit that provide retailers

I'm a registered dietitian. Here are 8 items I buy from Aldi that I'd recommend to my clients. (Yahoo1y) I'm a registered dietitian who loves shopping at Aldi for healthy, easy meals for my family. The Little Salad Bar sweet-kale chopped-salad kit allows me to pull together a quick, tasty lunch. I love

I'm a registered dietitian. Here are 8 items I buy from Aldi that I'd recommend to my clients. (Yahoo1y) I'm a registered dietitian who loves shopping at Aldi for healthy, easy meals for my family. The Little Salad Bar sweet-kale chopped-salad kit allows me to pull together a quick, tasty lunch. I love

Back to Home: <http://www.devensbusiness.com>