

Baby Spinach Fruit and Nut Salad

Ingredients:

- 4 cup baby spinach
- 2 cup strawberries, sliced
- 2 tbsp. walnuts, chopped
- 1/3 cup fresh raspberries
- 1 tbsp. low sodium vegetable broth
- 1 1/2 tsp. sugar
- 3/4 tsp. cider vinegar
- 1/2 tsp. extra virgin olive oil
- 1/2 tsp. Dijon mustard



Nutrition Facts

Serving Size 1 cup (227g)
Servings Per Container 2

Amount Per Serving

Calories 160 **Calories from Fat** 70

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 190mg **8%**

Total Carbohydrate 21g **7%**

Dietary Fiber 6g **24%**

Sugars 10g

Protein 6g

Vitamin A 30% • Vitamin C 160%

Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Directions:

1. Press raspberries through a sieve, reserving juice; discard seeds.
2. In a jar with a tight-fitting lid, combine the broth, sugar, vinegar, oil, mustard and reserved juice.
3. Refrigerate. Toss, baby spinach, strawberries, walnuts and raspberry vinaigrette just before serving.