

Salad with Apple Vinaigrette

Ingredients:

Apple Vinaigrette

- ½ tsp. shallot, minced
- 1 tbsp. apple cider vinegar
- ½ tsp. sugar
- 2 tbsp. grape seed oil

Salad

- 8 cups dark mixed salad greens
- 3 tbsp. toasted walnuts
- 1 apple
- 4 tbsp. dried cranberries



Nutrition Facts

Serving Size 1 cup salad, 2 tbsp dressing (227g)
Servings Per Container 5

Amount Per Serving

Calories 120 Calories from Fat 60

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 16g **5%**

Dietary Fiber 5g **20%**

Sugars 9g

Protein 3g

Vitamin A 100% • Vitamin C 50%

Calcium 10% • Iron 15%

*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
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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. Mince shallot. Mix shallot with apple cider vinegar and sweetener of choice. Mix to dissolve sugar. Add oil slowly while whisking the dressing.
2. Mix salad greens with walnuts and cranberries. Slice apples thinly and arrange on top of mixed greens; drizzle with dressing and serve.