

Fruit Salad with Balsamic Glaze

Ingredients:

- 2 oranges, sectioned
- 1 cup green grapes
- 1 cup red grapes
- 2 apples
- 2 pears
- 1 ½ cup strawberries, sliced
- ½ cup balsamic vinegar
- 1 tbsp. honey



Nutrition Facts

Serving Size 1 cup (227g)
Servings Per Container 6

Amount Per Serving

Calories 130 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 33g **11%**

Dietary Fiber 5g **20%**

Sugars 26g

Protein 1g

Vitamin A 2% • Vitamin C 80%

Calcium 4% • Iron 2%

*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



*GLUTEN-FREE



*SOY FREE



*DAIRY FREE

Directions:

1. Boil balsamic vinegar in a small saucepan until reduced to 3 tablespoons.
2. Wisk together honey and balsamic glaze,
3. Drizzle over fruit.