

# Strawberry Spinach Salad with Raspberry Vinaigrette Dressing

## Ingredients:

- 4 cups packed spinach
- 2 cups fresh strawberries, sliced
- 1/4 cup pine nuts
- 1/2 cup lite raspberry vinaigrette dressing

## Directions:

1. In a large salad bowl, toss together spinach, strawberries, and pine nuts.
2. Pour dressing over salad and toss to coat.

Nutrition Facts	
Serving Size (179g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 50
%	
Total Fat 6g 9%	
Saturated Fat 0g 0%	
Trans Fat 0g	
Cholesterol 0mg 0%	
Sodium 105mg 4%	
Total Carbohydrate 17g 6%	
Dietary Fiber 3g 12%	
Sugars 10g	
Protein 3g	
Vitamin A 70% • Vitamin C 110%	
Calcium 6% • 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	
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	

For more information, please contact:

**Benteh Nuutah**

**Valley Native Primary Care Center**

**Wellness Center**

(907) 631-7630

[southcentralfoundation.com](http://southcentralfoundation.com)

