

Winter Fruit Salad

Ingredients:

- 2 red apples, cored and diced
- 2 pears, cored and diced
- 4 clementine oranges, peeled and segmented
- 3 kiwis, peeled and sliced into thin rounds, then into quarters
- ½ cup dried cranberries
- 1 cup pomegranate seeds

For the dressing:

- 2 tablespoons maple syrup
- 1 tablespoon fresh lime juice

Directions:

1. Combine all salad ingredients (except the dressing ingredients) in a large bowl.
2. In a separate small bowl, whisk together the dressing ingredients.
3. Pour the dressing over the salad and gently toss to coat.
4. Serve immediately.

Nutrition Facts

Serving Size (245g)
Servings Per Container 6

Amount Per Serving

Calories 170 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 42g **14%**

Dietary Fiber 7g **28%**

Sugars 31g

Protein 1g

Vitamin A 4% • Vitamin C 120%

Calcium 4% • Iron 6%

*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:

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Source: juliasalbum.com

