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

Calories 130	Calories from Fat 50
	% Daily Value*
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:
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