Blueberry and Mango Salad With Tahini Ginger Dressing

Ingredients:

8 cups spring mix lettuce
2 cups blueberries
2 cups mango, cubed
1 cup pecans

Dressing:
2 tablespoon honey
1/2 cup tahini
4 tablespoon fresh lemon juice
1/2 teaspoon ground ginger
Pinch of salt
5-10 tablespoons cold water

Nutrition Facts
Serving Size (196g)
Servings Per Container 6

Amount Per Serving	
Calories 190	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 60mg	**3%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 5g	**20%**
Sugars 13g	
Protein 4g	

Vitamin A 110% • Vitamin C 80%
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
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

Nutrition Facts
Serving Size 1 tablespoon (14g)
Servings Per Container 16

Amount Per Serving	
Calories 50	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 0g	**0%**
Sugars 2g	
Protein 1g	

Vitamin A 0% • Vitamin C 4%
Calcium 2% • 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
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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. *Dressing:* Using a blender, combine first five dressing ingredients. Add water, a tablespoon at a time, until desired consistency is reached.
2. Mix mango, blueberries, and spring mix lettuce until combined. Dress with tahini dressing.
3. After plating salad, garnish with pecans. Serve immediately. If making the salad ahead of time, prepare ingredients but wait to combine until just before serving.

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