Berry Orange Spinach Salad with Citrus Balsamic Vinaigrette

Ingredients:

- 6 cups spinach
- 2 mandarin oranges, peeled and sectioned
- 3/4 cup raspberries
- 1/2 cup blackberries
- 1/2 cup feta cheese, crumbled
- 1/4 cup walnuts

Dressing:

- 1/4 cup olive oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon orange juice
- 1 tablespoon honey

Directions

1. In small bowl, whisk together dressing ingredients until well combined. Set aside.
2. In large bowl, combine salad ingredients. Dress serving and toss to combine. Serve immediately. Store any leftover salad and dressing separately.

Nutrition Facts

Serving Size 3/4 cup (162g)
Servings Per Container 4

Amount Per Serving

Calories 280	Calories from Fat 190
	% Daily Value*
Total Fat 21g	**32%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 260mg	**11%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 3g	**12%**
Sugars 10g	
Protein 6g	

Vitamin A 30% • Vitamin C 60%

Calcium 10% • Iron 8%

*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

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Source: yayforfood.com