

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

