



# Fruited Spinach Salad

**Servings:** 6  
**Serving Size:** 1 cup

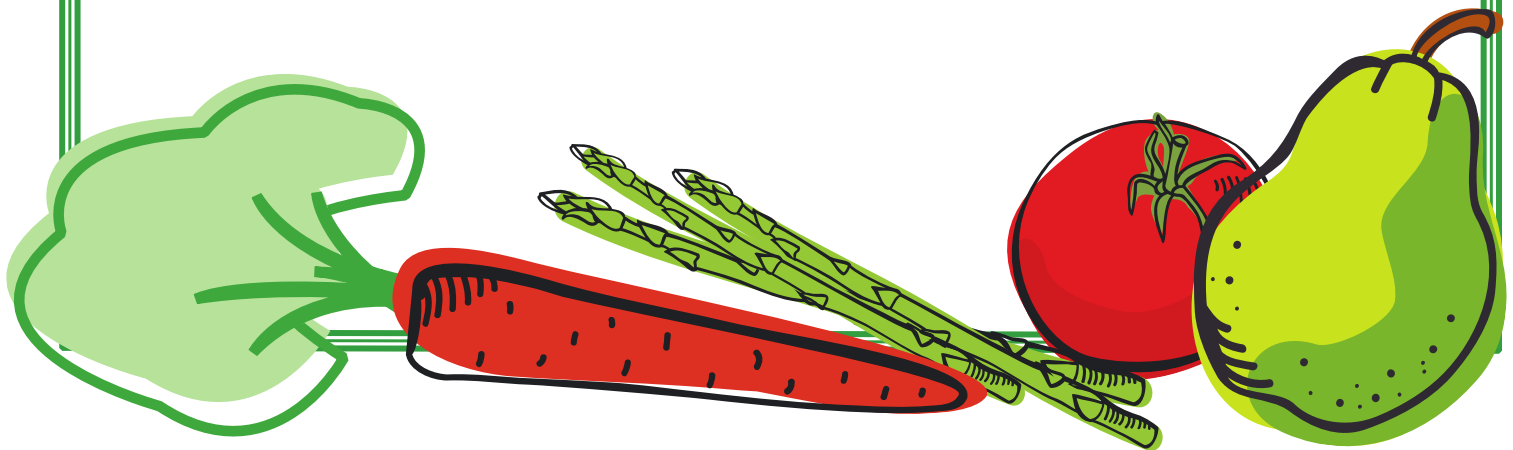
**Ingredients:**

- 1/2 pound fresh spinach leaves, washed
- 1 (10 1/2 ounce) can mandarin oranges, drained
- 1/2 cup dried cranberries
- Low-fat balsamic vinaigrette or favorite salad dressing (enough to taste)

**Directions:**

1. Combine all ingredients.
2. Refrigerate until ready to serve.

<b>Nutrition Facts</b>	
Serving Size about 1 cup	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 90</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 430mg</b>	<b>18%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 3g	12%
Sugars 13g	
<b>Protein 1g</b>	
Vitamin A 40%	• Vitamin C 40%
Calcium 4%	• 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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