



A Nutrition Resource

SIMPLY SNAZZY SALAD

Yield: 6 Servings | Serving Size: 1 1/2 Cups

Cost/Serving: \$1.20

Ingredients:

- 7 cups any type of salad greens or mixed greens
- 1/3 cup carrots, thinly sliced
- 2/3 cup dried cherries or cranberries
- 2/3 cup walnuts, chopped
- 3 Tablespoons balsamic vinegar
- 1/3 cup olive oil
- 1 Tablespoon Dijon mustard
- 2 teaspoons honey

Directions:

- 1) Place greens, carrots, cranberries, and walnuts into a large mixing bowl.
- 2) In a small bowl, add balsamic vinegar, olive oil, mustard, and honey. Mix ingredients together using a fork or whisk until smooth and evenly combined.
- 3) Right before serving, pour dressing over the salad in the large mixing bowl. Gently toss the salad to coat all the ingredients.

Nutrition Facts

6 servings per container

Serving size 1.5 cups (107g)

Amount per serving

Calories 260

% Daily Value*

Total Fat 20g 26%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 110mg 5%

Total Carbohydrate 18g 7%

Dietary Fiber 3g 11%

Total Sugars 13g

Includes 2g Added Sugars 4%

Protein 3g

Vitamin D 0mcg 0%

Calcium 52mg 4%

Iron 3mg 15%

Potassium 90mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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