



Spinach, Strawberry, and Cantaloupe Salad

Servings: 6

Ingredients:

4 cups fresh spinach leaves, washed
 1 cup strawberries, washed and diced
 1 cup cantaloupe, washed and diced
 Low-fat poppy seed salad dressing or raspberry vinaigrette

Directions:

1. Toss spinach and fruit pieces together in a large bowl.
2. Add salad dressing.
3. Serve immediately. Refrigerate any leftovers.

Nutrition Facts	
6 serving per container	
Serving size	1 cup
Amount Per Serving	
Calories	60
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 108mg	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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