

# Spinach Orange Salad

4 servings

## Ingredients

- 4 cups fresh spinach, stems removed
- 2 cups peeled orange sections
- 1 onion, thinly sliced
- 1 tbsp vegetable oil
- 1 tbsp vinegar
- 3 tbsp orange juice
- Salt and pepper to taste

## Directions

1. In a large bowl, combine spinach, orange sections, and onion slices. Toss gently.
2. In a small bowl, combine oil, vinegar, and orange juice to make dressing. Mix well.
3. Pour dressing on top of spinach mixture. Add salt and pepper to taste.
4. Toss well and serve.
5. Refrigerate leftovers for up to 3 days.

| <b>Nutrition Facts</b>        |                   |
|-------------------------------|-------------------|
| 4 servings per container      |                   |
| <b>Serving size</b>           | <b>1 1/2 cups</b> |
| <b>Amount per serving</b>     |                   |
| <b>Calories</b>               | <b>110</b>        |
| <b>% Daily Value*</b>         |                   |
| <b>Total Fat</b> 4g           | <b>5%</b>         |
| Saturated Fat 0.5g            | <b>3%</b>         |
| <i>Trans</i> Fat 0g           |                   |
| <b>Cholesterol</b> 0mg        | <b>0%</b>         |
| <b>Sodium</b> 170mg           | <b>7%</b>         |
| <b>Total Carbohydrate</b> 18g | <b>7%</b>         |
| Dietary Fiber 3g              | <b>11%</b>        |
| Total Sugars 14g              |                   |
| Includes 0g Added Sugars      | <b>0%</b>         |
| <b>Protein</b> 2g             |                   |
| Vitamin D 0mcg                | 0%                |
| Calcium 78mg                  | 6%                |
| Iron 1mg                      | 6%                |
| Potassium 402mg               | 8%                |

\*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.