

Spinach Salad with Apples and Raisins

Makes: 6 Servings

Ingredients

2/3 package baby spinach (10 ounces, washed)

1 1/2 apples (chopped, can use 1-2 apples)

1 cup raisins

1/4 cup canola oil

1/4 cup apple cider vinegar

1/4 cup sugar

1 pinch garlic powder

Directions

1. Combine spinach, apples and raisins.
2. Mix all dressing ingredients and pour over salad just prior to serving.

Notes

Granny Smith apples are recommended for salad, but any apple on hand will work.

Source: University of Maryland Extension. Food Supplement Nutrition Education Program.

Nutrition Information

Nutrients	Amount
Calories	213
Total Fat	9 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	32 mg
Total Carbohydrate	34 g
Dietary Fiber	3 g
Total Sugars	26 g
Added Sugars included	8 g
Protein	2 g
Vitamin D	0 IU
Calcium	50 mg
Iron	1 mg
Potassium	425 mg

N/A - data is not available

MyPlate Food Groups

 Fruits	3/4 cup
 Vegetables	1/2 cup