

NUT AND DRIED FRUIT SALAD



Salads are dishes with endless possible combinations to create a healthy meal.

This recipe mixes dried fruit, nuts, lettuce leaves and baby spinach.

Ingredients*

Salad dressing / servings	one	four	ten	formula %
• honey	6.3 g	25.2 g	63 g	62.38
• mustard seeds	1.9 g	7.6 g	19 g	18.81
• vinegar	1.9 ml	7.6 ml	19 ml	18.81
Salad / servings	one	four	ten	formula %
• lettuce, hearts	45 g	180 g	450 g	36.00
• spinach, baby leaves	45 g	180 g	450 g	36.00
• salad dressing	10 ml	40 ml	100 ml	8.00
• peanuts	7 g	28 g	70 g	5.60
• almonds, sliced	7 g	28 g	70 g	5.60
• cranberries, dried	6 g	24 g	60 g	4.80
• walnuts	5 g	20 g	50 g	4.00

* The weight of all ingredients is given in edible portion.

Instructions

Salad dressing

- Mix honey and vinegar, add mustard seeds.

Salad

- Wash and dry spinach and lettuce. Chop the lettuce hearts.
- In a bowl, mix chopped lettuce and spinach leaves.
- Add walnuts, almonds, peanuts, cranberries and mix.
- Top with the salad dressing.
- Store refrigerated at 4 °C or below until serving.

Nutrition facts	Per 100 g	Per serving (125 g)
Calories	136 kcal (569 kJ)	170 kcal (711 kJ)
Protein	4.8 g	6 g
Total fat	7.5 g	9.4 g
Saturated fat	1.0 g	1.2 g
Trans fat	1 mg	1.3 mg
Available carbohydrate	12.3 g	15.3 g
Total sugars	8.4 g	10.5 g
Added sugars	4.1 g	5.1 g
Dietary fibre	1.9 g	2.4 g
Sodium	46 mg	58 mg

Allergens: Contains nuts



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The recipe is intended to be used by food businesses, concessionaries and sports event organizers.