

Christmas Wreath Salad

Yield: 7 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-nut-wreath-recipe>

Ingredients:

- 1/4 cup apple cider vinegar
- 3 tablespoons olive oil
- 1 teaspoon Dijon mustard
- 1 1/2 tablespoons maple syrup
- 1 pinch salt and pepper
- 1/3 cup chopped pecans
- 1 tablespoon maple syrup
- 8 cups fresh baby spinach
- 1 bartlett pear ripe but firm, cored and thinly sliced
- 3/4 cup pomegranate arils
- 1/3 cup dried cranberries
- 1/2 cup crumbled feta cheese

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 10 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 3 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 190 milligrams
9. Sugar: 11 grams

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