

# Grapefruit Spinach Salad Oriental

Yield 6 Servings

## Ingredients

10 ounces	fresh spinach, washed and drained (about 4 1/2 cups)
1 can	sliced mushrooms, drained (4 ounces)
1 can	water chestnuts, diced (5 ounces)
2	grapefruits, sectioned and diced
1/4 cup	vegetable oil
1 tablespoon	vinegar
2 tablespoons	grapefruit juice
1 tablespoon	soy sauce, low-sodium
1/4 teaspoon	hot pepper sauce
1/4 teaspoon	salt
1 teaspoon	dry mustard

## Instructions

1. Tear spinach coarsely and place in large salad bowl.
2. Add mushrooms, water chestnuts, and grapefruit.
3. Mix together oil, vinegar, grapefruit juice, soy sauce, hot pepper sauce, salt, and dry mustard.
4. Toss dressing with spinach mixture and serve.

## Cost

Per recipe: \$5.57

Per serving: \$0.93

## Source

Original Publicaiton: Prarie Fair, May 4, 1999.  
North Dakota State University Extension Service  
[Recipe link](#).

## Notes

Note: Modification to [NDSU recipe](#) includes changing soy sauce to low-sodium soy sauce.

## Nutrition Facts

Serving Size 1/6 recipe (195g)  
Servings Per Container 6

Amount Per Serving

**Calories 140**    **Calories from Fat 80**

% Daily Value\*

**Total Fat 10g**    **15%**

Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol 0mg**    **0%**

**Sodium 310mg**    **13%**

**Total Carbohydrate 12g**    **4%**

Dietary Fiber 3g    **12%**

Sugars 7g

**Protein 3g**

Vitamin A 100%    •    Vitamin C 70%

Calcium 6%    •    Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9    •    Carbohydrate 4    •    Protein 4