

Layered Spinach Salad

Easy Summer Entertaining (1991)

Kraft General Foods, Inc.

Servings: 12

1 quart lettuce, shredded
1 1/2 quarts torn spinach
1 can (8 ounce) sliced water chestnuts, drained
1 cup red onion, cut in chunks
1 package (10 ounce) frozen peas, thawed and drained
1 1/2 cups Miracle Whip®
1 cup (4 ounce) Cheddar cheese, shredded
8 slices bacon, crisply cooked and crumbled

Preparation Time: 20 minutes

In a four-quart serving bowl (preferably clear glass with high sides), layer the lettuce, spinach, water chestnuts, onions and peas.

Spread the Miracle Whip over the peas, sealing to the edge of the bowl. Sprinkle with cheese. Cover.

Chill for several hours or overnight.

Sprinkle with bacon just before serving.

Per Serving (excluding unknown items): 219 Calories; 19g Fat (78.3% calories from fat); 5g Protein; 7g Carbohydrate; 1g Dietary Fiber; 23mg Cholesterol; 337mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat; 1/2 Other Carbohydrates.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	219
% Calories from Fat:	78.3%
% Calories from Carbohydrates:	13.1%
% Calories from Protein:	8.6%
Total Fat (g):	19g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	23mg
Carbohydrate (g):	7g
Dietary Fiber (g):	1g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	46mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
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Protein (g): 5g
Sodium (mg): 337mg
Potassium (mg): 193mg
Calcium (mg): 100mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 11mg
Vitamin A (i.u.): 1506IU
Vitamin A (r.e.): 170 1/2RE

Lean Meat: 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 3 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 219 Calories from Fat: 171

% Daily Values*

Total Fat	19g	30%
Saturated Fat	5g	24%
Cholesterol	23mg	8%
Sodium	337mg	14%
Total Carbohydrates	7g	2%
Dietary Fiber	1g	5%
Protein	5g	

Vitamin A	30%
Vitamin C	18%
Calcium	10%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.