Mushroom Salad

Servings
2 servings

Ingredients
- 3 cups spinach
- ½ cup sliced mushrooms
- ½ cup croutons
- 2 tablespoons vegetable oil
- 1 tablespoon white wine vinegar
- 1 teaspoon sugar
- 1 teaspoon lemon juice
- salt and pepper to taste

Directions
1. In a large bowl, combine spinach, mushrooms, and croutons
2. In a jar with a lid, combine oil, vinegar, sugar, lemon juice, salt, and pepper
3. Shake the jar until all ingredients are fully mixed
4. Drizzle dressing over the salad and toss to coat

Nutrient content per serving
- Calories- 182cals
- Carbs- 10g
- Protein- 2.5g
- Fat- 15g
- Sodium- 76.5mg
- Fiber- 1g

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