



December 27- Feta and Pear Salad

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=2142723>

Recipe

Ingredients:

1 pear

1 ounce feta

½ Tablespoon honey

Directions:

1. Core pear, dice into small chunks.
2. Crumble feta and drizzle honey on top. Toss to combine.

Yield 1 serving

Nutrition Facts	
Serving Size 1/2 cup (204.85g)	
Servings Per Container 1	
Amount Per Serving	
Calories 220	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 4.5g	21%
<i>Trans Fat</i>	
Cholesterol 25mg	8%
Sodium 260mg	11%
Total Carbohydrate 35g	12%
Dietary Fiber 5g	21%
Sugars 26g	
Protein 5g	9%
Vitamin A 4%	Vitamin C 10%
Calcium 15%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet.	