



Power Blend Creamy Walnut Salad

Servings

4

Calories

110

Prep Time

3 minutes

Total Time

5 minutes

Skill Level

Easy

Ingredients

1 (10 ounces) package Mann's Power Blend

¼ cup goat cheese

¼ cup raisins

¼ cup poppyseed dressing

The Method

Combine ingredients, toss and enjoy!



Nutrition Facts

Serving Size: 102g | Servings: 4

Amount Per Serving

Calories 110 | Calories from Fat 35 | Total Fat 4g (sat fat 1.5g trans 0g) | Cholesterol 15mg | Sodium 160mg | Total Carbohydrate 17g | Dietary Fiber 3g | Sugars 12g | Protein 3g | Vitamin A 50% | Vitamin C 70% | Calcium 4% | Iron 4%