

Avocado Strawberry Spinach Salad

Prep Time 5 mins
Total Time 5 mins
Meal Type Lunch,Side

Contributed By

LivingPlate

Source From Living Plate

Servings 4



Ingredients



- 5 oz spinach
- 8 oz strawberries, sliced
- 1 avocado, diced
- 1/2 red onion, sliced
- 1 Tbs balsamic vinegar
- 2 Tbs olive oil

Directions

Prep

1. Cut strawberries, avocado, and red onion.

Make

1. In a large bowl, toss spinach, strawberries, avocado, and onion; drizzle with balsamic and olive oil.

Notes

Make this salad your own by adding your own homemade dressing!

Source: Nutrient data for this listing was provided by USDA Food Composition Database.

Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database.

Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet.
		Total Fat 14.4g	22%	Total Carbohydrates 12g	3%	
		Saturated Fat 2.0g	10%	Dietary Fiber 6g	22%	
		Trans Fat 0.0g		Total Sugars 4g		
Calories per serving	175	Cholesterol 0mg	0%			2,000 calories a day is used for general nutrition advice.
		Sodium 34mg	1%	Protein 3g		
		Vitamin D 0mcg 0% · Calcium 54mg 5% · Iron 2mg 8% · Potassium 553mg 11%				

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