



1 Servings



strawberry spinach salad with turkey breast

Ingredients

olive oil	1/2 Tbsp
white wine vinegar	2 Tbsp
sesame seeds	2 tsp
poppy seed	1 tsp
spinach	2 Cup(s) (480 ml)
strawberries	1/3 Cup(s) (80 ml)
turkey breast (cooked)	5 oz (140 grams)

Nutrition Totals

Calories 333 / **Carbs** 9 g / **Protein** 45 g / **Fat** 14 g / **Fluid** 201 g

Instructions

1. In a small bowl, whisk together oil, vinegar, sesame seeds, and poppy seeds.
2. In a medium bowl, toss spinach and strawberries with dressing.
3. Slice turkey breast and add to salad.
4. Refrigerate 10 to 15 minutes before serving.

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Nutrition Label

Strawberry Spinach Salad With Turkey Breast

Amount Per Serving

Calories 333

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 2.7g **14%**

Trans Fat 0g

Cholesterol 99.2mg **33%**

Sodium 211mg **9%**

Total Carbohydrates 8.7g **3%**

Dietary Fiber 3.6g **15%**

Total Sugar 3g

Protein 45.4g

Vitamin D 14.1IU **2%**

Calcium 186.8mg **19%**

Iron 4.4mg **25%**

Potassium 888.7mg

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.