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# *strawberry and goat cheese spinach salad*

Serving Size: 1

Prep Time: 5 minutes

Total Time: 15 minutes

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## INGREDIENTS

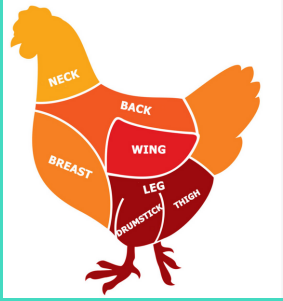
- 6 oz baby spinach leaves
- 2 oz plain walnuts
- 1 tbsp dried cranberries
- 3 medium strawberries, sliced
- 2 tbsp fresh goat cheese
- 3 oz grilled chicken breasts, sliced
- 2 fl oz raspberry vinaigrette

## DIRECTIONS

1. Place 6 oz baby spinach leaves in a bowl.
2. Top with the chicken, walnuts, dried cranberries, strawberry slices, and goat cheese.
3. Serve with dressing on the side.

# strawberry and goat cheese spinach salad

## Chicken Breasts



A lean protein that is low in fat and sodium, but high in protein. A typical serving size is 4 oz and it is a good source of phosphorus, selenium and many of the B-vitamins.

## Walnuts



While they are a high-calorie, high-fat snack, walnuts contain an abundance of heart-healthy fats. They are also a great source of protein, manganese, copper and vitamin B6.

One strawberry and goat cheese spinach salad, is high in mono- and polyunsaturated fatty acids, which are the heart-healthy fats. The salad is packed with protein due to the lean chicken and walnuts. Spice up your summer with this nutrient packed salad!

## Nutrition Facts

Servings 1.0

Amount Per Serving

**calories** 721

**% Daily Value \***

**Total Fat** 42 g **64 %**

Saturated Fat 7 g **33 %**

Monounsaturated Fat 5 g

Polyunsaturated Fat 26 g

Trans Fat 0 g

**Cholesterol** 85 mg **28 %**

**Sodium** 658 mg **27 %**

**Potassium** 1440 mg **41 %**

**Total Carbohydrate** 44 g **15 %**

**Dietary Fiber** 12 g **47 %**

**Sugars** 30 g

**Protein** 45 g **89 %**

Vitamin A **546 %**

Vitamin C **171 %**

Calcium **39 %**

Iron **63 %**