



Categories: Family Friendly. Keto. Low Carb. Dairy Free. Vegetarian

## *Lunch Salad*

Yield: 1 serving

Prep time: 5 minutes

Total time: 5 minutes

### *Ingredients*

Spinach, baby, raw | 2 cup, cut into pieces

Hass Avocado | ½ medium Avocado

Cucumber, Raw | ¼ cup, chopped

Mushrooms | ¼ cup, chopped

Radish | 2 Tablespoons

Olive Oil | 1 Tablespoon

Apple Cider Vinegar | 3 teaspoons

### *Directions*

Combine spinach, cucumber, mushroom, radish in bowl. Top with sliced avocado.

Combine olive oil and apple cider vinegar for dressing.

### *Macronutrient Breakdown*

Calories: 262.7 kcal | Carbohydrates: 4.1g | Protein: 4 g | Fat: 24.3 g | Sodium: 64.5 mg

Lunch salad

## Nutrition Facts

Serving Size: 1 full recipe

Amount Per Serving		% Daily Value*
<b>Calories</b>	262.7 kcal	13 %
<b>Total Fat</b>	24.3 g	37 %
Saturated Fat	3.4 g	17 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	64.5 mg	3 %
<b>Total Carbohydrate</b>	10.8 g	4 %
Dietary Fiber	6.9 g	28 %
Sugars	1.9 g	
<b>Protein</b>	4 g	8 %
<b>Vitamin A</b>	115 %	<b>Vitamin C</b> 46 %
<b>Calcium</b>	8 %	<b>Iron</b> 13 %

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at [cronometer.com](http://cronometer.com)

