

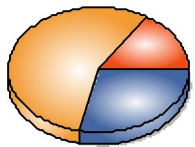


Salmon and Vegetable Salad

By: Modified by DrJez

Recipe grams: 906.13g/32.0oz

Serves 1 906.13g/32.0oz per serving



Protein: 29%

Carbohydrates: 55%

Fat: 16%

INGREDIENTS

2 cups SPINACH, BABY
 2 oz PEPPER, SWEET, RED, RAW
 1 whole TOMATO, RED, RIPE, RAW
 4 oz BROCCOLI, RAW
 5 flowerets CAULIFLOWER, RAW
 8 slices SUMMER SQUASH, RAW
 5 spears ASPARAGUS, RAW
 1/2 cup CARROT, RAW
 1/2 cup CELERY, RAW
 1/2 cup MUSHROOM, RAW
 2 oz SALMON, PINK, CANNED IN WATER
 1/2 cup MARINARA PASTA SAUCE, RTS

DIRECTIONS

Steam vegetables lightly. Place over bed of spinach.
 Combine marinara sauce with salmon. Warm lightly and pour over the top.
 Serve with breadstick and a sprinkle of parmesan!

Nutrition Facts

Serving Size: 1 serving (906.1g)

Servings: 1

Amount Per Serving

Calories 330 Calories from Fat 60

% Daily Value*

Total Fat 6g **10%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 20mg **6%**

Sodium 1120mg **45%**

Total Carbohydrate 49g **15%**

Dietary Fiber 15g **60%**

Sugars 27g

Protein 25g

Vitamin A 410%

• Vitamin C 520%

Calcium 30%

• Iron 50%

*Percent Daily Values are based on a 2,000 calorie diet.