

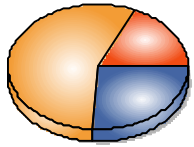


Strawberry and Citrus Spinach Chicken Salad w/ Walnuts

By: Created by DrJez LLC

Recipe grams: 1447.57g/51.1oz

Serves 2 723.78g/25.5oz per serving



Protein: 27%
 Carbohydrates: 52%
 Fat: 21%

INGREDIENTS

- 1 cup STRAWBERRY, UNSWEETENED
- 1 pint STRAWBERRY, RAW
- 1/2 tbsp FLAXSEED OIL, ENRICHED
- 1/4 cup WHITE WINE VINEGAR
- 2 fl oz ORANGE JUICE, UNSWEETENED
- 1 tbsp THYME, FRESH
- 1 packet SWEETENER, ASPARTAME, EQUAL
- 2 tsp MUSTARD, PREPARED, DIJON STYLE
- 1 dash SALT, TABLE
- 1 dash PEPPER, BLACK, GROUND
- 1/2 oz WALNUT, PIECES
- 1 breast CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY
- 4 cups SPINACH
- 1 cup TANGERINE, MANDARIN, RAW
- 1 cup APPLE W/SKIN, RAW

DIRECTIONS

For dressing, heat the frozen strawberries in a microwave until warm and soft. Combine with next 7 ingredients in a food processor and process until smooth, but not foamy.

Combine fruits and walnuts with spinach. Top with chicken slices and drizzle with dressing.

Nutrition Facts

Serving Size: 1 serving (723.8g)
 Servings: 1

Amount Per Serving

Calories 490 Calories from Fat 110

% Daily Value*

Total Fat 12g **20%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 75mg **25%**

Sodium 310mg **15%**

Total Carbohydrate 65g **20%**

Dietary Fiber 12g **50%**

Sugars 43g

Protein 34g

Vitamin A 170% • Vitamin C 440%

Calcium 25% • Iron 40%

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