

AVOCADO TUNA SPINACH SALAD

Avocado adds creaminess while sunflower seeds provide texture and crunch in this easy tuna-spinach salad.

Prep Time: 10 mins | Total Time: 10 mins



INGREDIENTS

- ½ (5 ounce) can water-packed tuna
- ¼ cup diced avocado
- ¼ cup halved cherry tomatoes
- 1 ½ tablespoons poppy seed dressing
- 1 tablespoon diced red onion
- 1 tablespoon extra-virgin olive oil
- 2 cups baby spinach
- 1 tablespoon sunflower seeds

DIRECTIONS

STEP 1

Combine tuna, avocado, tomatoes, dressing, onion and oil in a medium bowl. Serve over spinach and sprinkle with sunflower seeds.

NUTRITION PROFILE

Nut-Free Soy-Free High-Fiber High-Protein
Egg-Free Gluten-Free Low-Calorie

NUTRITION FACTS

Per serving: Serving Size 1 1/2 cups calories 432; total fat 32g; saturated fat 5g; cholesterol 29mg; sodium 551mg; total carbohydrate 17g; dietary fiber 7g; total sugars 8g; added sugars 5g; protein 20g; potassium 494mg



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