

Sardine & Avocado Salad

8 ingredients · 20 minutes · 2 servings



Directions

1. Place the sardines on a plate and drizzle with half the lemon juice and parsley. Set aside and let marinate for 15 minutes.
2. Divide the spinach into bowls along with the radishes and sardines. Drizzle with extra virgin olive oil and the rest of the lemon juice. Top with avocado, season with sea salt and enjoy!

Notes

No Sardines

Use tuna instead.

Ingredients

- 100 grams** Sardines (packed in oil, drained)
- 1/2** Lemon (juiced and divided)
- 1 tbsp** Parsley (finely chopped)
- 4 cups** Baby Spinach (packed)
- 1/4 cup** Radishes (thinly sliced)
- 1 tbsp** Extra Virgin Olive Oil
- 1** Avocado (sliced)
- 1/8 tsp** Sea Salt

Nutrition

Amount per serving

Calories	344	Vitamin D	97IU
Fat	28g	Vitamin E	5mg
Carbs	12g	Vitamin K	348µg
Fiber	8g	Thiamine	0.1mg
Sugar	2g	Riboflavin	0.4mg
Protein	16g	Niacin	5mg
Cholesterol	71mg	Vitamin B6	0.5mg
Sodium	362mg	Folate	212µg
Potassium	1077mg	Vitamin B12	4.5µg
Vitamin A	5989IU	Phosphorous	332mg
Vitamin C	36mg	Magnesium	99mg
Calcium	270mg	Zinc	2mg
Iron	4mg	Selenium	27µg