

# Healthy "Olivie" Russian Olivier Salad

Yield: 28 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/best-russian-olivie-salad-recipe>

## Ingredients:

- 1 head cauliflower cut into small florets, ~6 cups florets
- 1 cup carrots diced small
- 12 fluid ounces pickles drained, diced small
- 10 large egg hard boiled, diced
- 1/2 pound ham diced small; try to look for uncured, no sugar, or if you can't find that, <1g sugar per serving
- 7 1/2 ounces peas drained; skip for paleo or whole30
- 1 1/2 cups mayonnaise
- 1 tablespoon Dijon mustard optional
- 3/4 teaspoon sea salt to taste
- 1/4 teaspoon black pepper

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 85 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 5 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 390 milligrams
9. Sugar: 2 grams

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