

# Russian Salad with Smoked Salmon

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 1 potato
- 1 carrot
- 1/2 cup frozen peas
- 1 teaspoon vinegar rice vinegar or apple vinegar
- 100 grams smoked salmon
- greens like watercress or lettuce, optional but highly recommended
- 1 tablespoon mayo
- 1 teaspoon mustard
- 1 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1 pinch salt

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 5 milligrams
4. Fat: 2.5 grams
5. Fiber: 3 grams
6. Protein: 7 grams
7. Sodium: 660 milligrams
8. Sugar: 2 grams

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