

Salad “man’s Joy”

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/ham-chicken-swiss-salad-recipe>

Ingredients:

- 3 1/2 ounces chicken
- 7 1/16 tablespoons ham
- 3 1/2 ounces smoked tongue
- 3/4 cup hard cheese
- 2 tomatoes
- lettuce leaves
- 1 tablespoon mustard
- 1 tablespoon grain mustard
- 1/2 lemon
- 2 teaspoons sunflower oil
- salt – to taste
- black ground pepper – to taste

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 50 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 13 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 710 milligrams
9. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Salad “man’s Joy” above. You can see more 16 ham chicken swiss salad recipe Unlock flavor sensations! to get more great cooking ideas.