

Mardi Gras Salad

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/mardi-gras-salad-recipe>

Ingredients:

- 6 ounces romaine lettuce rinsed, dried and shredded
- 6 ounces spinach leaves rinsed, dried, stems removed and shredded
- 5 slices bacon fried, drained and crumbled
- 1/2 purple onion thinly sliced
- 3/4 cup mandarin orange sections, drained
- 4 ounces fresh mushrooms sliced
- 1 teaspoon chopped onion
- 1/4 cup malt vinegar
- 1 teaspoon sugar
- 1/2 teaspoon dry mustard
- 1/2 teaspoon salt
- 1/4 cup olive oil

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 25 milligrams
4. Fat: 29 grams
5. Fiber: 3 grams
6. Protein: 7 grams
7. SaturatedFat: 7 grams
8. Sodium: 630 milligrams
9. Sugar: 10 grams

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