

# Chicken and Mushrooms Salad «Little Red Riding Hood»

Yield: 6 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/red-riding-hood-chicken-salad-russian-recipe>

## Ingredients:

- 1 chicken fillet
- 2 tomato
- 2 1/16 cups Champignons
- 4 egg
- 1 onion
- 1 1/3 cups cheese
- 3 tablespoons vegetable oil
- 6 3/4 tablespoons mayonnaise
- salt to taste

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 185 milligrams
4. Fat: 24 grams
5. Fiber: 1 grams
6. Protein: 16 grams
7. SaturatedFat: 8 grams
8. Sodium: 480 milligrams
9. Sugar: 4 grams

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