

# Russian Salad (Ensalada Rusa)

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- chicken breast boneless
- cooking oil
- salt
- black pepper
- vinegar
- carrots
- potatoes
- green peas
- beans French
- cucumber
- apple
- pineapple
- raisins
- macaroni pasta
- mayonnaise
- cheese spread
- cream Fresh
- salt
- black pepper
- sugar
- Dijon mustard

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 40 milligrams
4. Fat: 10 grams
5. Fiber: 5 grams
6. Protein: 15 grams

7. SaturatedFat: 1.5 grams
  8. Sodium: 510 milligrams
  9. Sugar: 20 grams
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