

Instant Pot Russian Vinaigrette Salad

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-vinaigrette-recipe-with-beets-and-sauerkraut>

Ingredients:

- 2 medium beets unpeeled
- 2 medium potatoes unpeeled
- 2 medium carrots unpeeled
- 1/2 medium onion
- 1 1/2 cups sauerkraut with juice
- 2 tablespoons sunflower oil cold pressed, or olive oil

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 29 grams
3. Fat: 7 grams
4. Fiber: 6 grams
5. Protein: 4 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 220 milligrams
8. Sugar: 7 grams

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