

Sweet and Sour Salad

Yield: 7 min

Total Time: 830 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-and-sour-salad-recipe-south-africa>

Ingredients:

- 1 cup vegetable oil
- 3/4 cup white sugar
- 1/2 cup red wine vinegar
- 3 teaspoons soy sauce
- 1 cup chopped walnuts
- 3 ounces ramen noodles
- 4 tablespoons butter
- 1 head romaine lettuce rinsed, dried and chopped
- 1 head broccoli fresh, chopped
- 1 bunch green onions chopped

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 15 milligrams
4. Fat: 51 grams
5. Fiber: 6 grams
6. Protein: 8 grams
7. SaturatedFat: 8 grams
8. Sodium: 460 milligrams
9. Sugar: 25 grams
10. TransFat: 1 grams

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