

# Schweizer Wurstsalat (Swiss Sausage Salad)

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-sausage-salad-recipe>

## Ingredients:

- 10 ounces cervelat Swiss, Lyoner, Fleischwurst, ring bologna or ham, cut into strips, if using cervelat, slice it thinly
- 8 ounces emmentaler cheese cut into strips, can substitute some Gruyere for a stronger flavor
- 6 ounces pickles German, cut into strips
- 1 yellow onion medium or large, halved and thinly sliced
- 3 tablespoons fresh parsley chopped
- 3 tablespoons apple cider vinegar
- malt vinegar optional, I love to use half malt vinegar/half apple cider vinegar for a fantastic flavor
- 3 tablespoons pickle juice from the German pickles
- 2 tablespoons sunflower oil
- 2 teaspoons yellow mustard German
- 1/2 teaspoon cane sugar granulated, recommend for best flavor but omit if eating keto
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- chives optional: chopped, for garnish

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 50 milligrams
4. Fat: 23 grams
5. Fiber: 1 grams
6. Protein: 16 grams
7. SaturatedFat: 11 grams
8. Sodium: 780 milligrams
9. Sugar: 16 grams

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