

# Austrian Salad

Yield: 2 min  
Total Time: 35 min

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

## Ingredients:

- 2 tablespoons pumpkin seeds
- 5 ounces pumpkin pickled, canned or from a jar
- 7 ounces aspic Chicken
- 1 red onion small
- 1 bunch radish
- 2 tomatoes about 150 grams
- 2 tablespoons apple cider vinegar
- 2 teaspoons mustard
- salt
- pepper
- 4 tablespoons pumpkin seed oil
- 4 ounces lamb's lettuce
- 4 ounces arugula

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 24 grams
3. Fat: 32 grams
4. Fiber: 7 grams
5. Protein: 8 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 500 milligrams
8. Sugar: 9 grams
9. TransFat: 1 grams

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