

Ultimate Braai Day Salad

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/best-valentine-salad-recipe>

Ingredients:

- lettuce leaves a bag of fresh, crisp, small cos
- 2 avocados ripe, scooped out into rough chunks with a teaspoon
- 2/3 cup fresh green peas
- 200 grams feta danish, crumbled into large chunks
- 1 cup croutons
- 200 grams lean bacon chopped and fried until crisp
- 2 tablespoons mayonnaise
- 2 tablespoons Greek yoghurt or plain
- 1 Dijon mustard generous teaspoon
- 1/2 lemon
- 1/2 teaspoon dried tarragon
- 1 handful leaf parsley chopped flat-
- 1 handful chives chopped

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 80 milligrams
4. Fat: 52 grams
5. Fiber: 10 grams
6. Protein: 18 grams
7. SaturatedFat: 18 grams
8. Sodium: 1100 milligrams
9. Sugar: 6 grams

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