



RUSSIAN SALAD WITH CORN AND MAYONNAISE

 30 minutos
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 3 porciones

INGREDIENTES

- 2 medium boiled potatoes (approximately 350g)
- 2 large hard-boiled eggs (weighing approximately 130g)
- 100 grams of boiled carrots
- 2 heaping tablespoons of sunflower oil mayonnaise (50g)
- 1 small can of sweet corn or Green peas (approximately 70g)
- 10 pitted black olives, packed in brine (approximately 30g)

MÉTODO DE PREPARACIÓN

1º Boil the potato and carrot. Let cool, peel, and chop. Mix with the rest of the ingredients. Serve.

INFORMACIÓN NUTRICIONAL

	POR 100 g	POR PORCIÓN [241 g]	% DDR
ENERGÍA	135 kcal	326 kcal	16 %
GRASA	8 g	20 g	31 %
GRASAS SATURADAS	2 g	4 g	18 %
COLESTEROL	75 mg	181 mg	60 %
SODIO	174 mg	418 mg	17 %
H. CARBONO	11 g	27 g	9 %
AZÚCARES	2 g	4 g	—
FIBRA ALIMENTARIA	1 g	3 g	11 %
PROTEÍNA	3 g	8 g	—