

Maurice Salad

 Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



374 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound ham cooked cut into 1/2 inch pieces
- 2 tablespoons parsley fresh chopped
- 1 hard-cooked egg diced
- 1 head iceberg lettuce dried shredded rinsed
- 1.5 teaspoons onion juice
- 1.5 teaspoons juice of lemon
- 1 cup mayonnaise
- 1.5 teaspoons mustard dijon-style prepared

- 0.3 teaspoon ground mustard
- 0.5 cup gherkin pickles sweet sliced
- 12 pimento-stuffed olives green
- 14 ounces swiss cheese cut into strips
- 1 pound turkey breast cut into strips
- 1.5 teaspoons sugar white
- 2 teaspoons citrus champagne vinegar

Equipment

- bowl
- whisk

Directions

- Prepare the dressing by whisking together the vinegar, lemon juice, onion juice, sugar, Dijon, dry mustard and mayonnaise.
- Add the parsley and egg; mix well.
- In a large bowl, combine the ham, turkey, cheese and pickles.
- Add the dressing and mix well. Divide the lettuce among plates, top with salad and garnish each plate with 2 olives.

Nutrition Facts

PROTEIN 27.24% **FAT 69.67%** **CARBS 3.09%**

Properties

Glycemic Index:22.51, Glycemic Load:0.8, Inflammation Score:-5, Nutrition Score:16.583912999734%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.49mg, Apigenin: 1.49mg, Apigenin: 1.49mg, Apigenin: 1.49mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg

Kaempferol: 0.08mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 373.83kcal (18.69%), Fat: 28.91g (44.48%), Saturated Fat: 9.19g (57.43%), Carbohydrates: 2.89g (0.96%), Net Carbohydrates: 2.1g (0.76%), Sugar: 1.7g (1.89%), Cholesterol: 102.15mg (34.05%), Sodium: 821.71mg (35.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.43g (50.87%), Vitamin K: 53.73µg (51.17%), Phosphorus: 412.21mg (41.22%), Selenium: 28.12µg (40.17%), Calcium: 320.46mg (32.05%), Vitamin B12: 1.84µg (30.64%), Vitamin B3: 5.2mg (26.02%), Vitamin B6: 0.44mg (22.17%), Zinc: 2.94mg (19.61%), Vitamin B2: 0.29mg (16.84%), Vitamin B1: 0.25mg (16.37%), Vitamin C: 11.35mg (13.75%), Vitamin A: 624.64IU (12.49%), Vitamin B5: 0.91mg (9.06%), Potassium: 308.12mg (8.8%), Magnesium: 33.79mg (8.45%), Vitamin E: 1.13mg (7.51%), Folate: 24.44µg (6.11%), Iron: 0.93mg (5.19%), Copper: 0.1mg (5.1%), Manganese: 0.09mg (4.44%), Fiber: 0.79g (3.16%), Vitamin D: 0.17µg (1.11%)