



Country salad



Vegetarian



Gluten Free



Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



169 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 eggs
- ☐ 0.5 juice of lemon
- ☐ 3 tbsp olive oil
- ☐ 1 tbsp capers
- ☐ 2 spring onion finely sliced
- ☐ 1 head red-leaf lettuce
- ☐ 1 baby lettuce

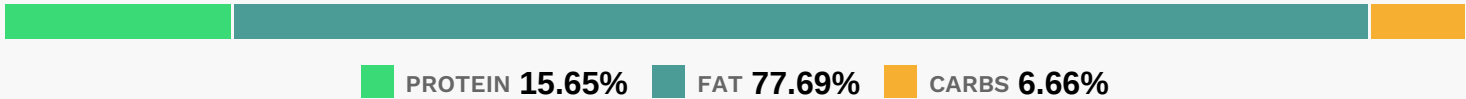
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook the eggs in a pan of boiling water for exactly 8 mins. Lift from the pan, cool under the cold tap, then peel and halve.
- ☐ Whisk together the lemon juice, olive oil, capers and spring onions. Toss together most of the dressing with the leaves.
- ☐ Place on a serving dish, top with the halved eggs and drizzle over the remaining dressing.
- ☐ Serve on its own or with slices of ham.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.09, Inflammation Score:-10, Nutrition Score:15.875217297803%

Flavonoids

Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg Quercetin: 10.25mg, Quercetin: 10.25mg, Quercetin: 10.25mg, Quercetin: 10.25mg

Nutrients (% of daily need)

Calories: 169.06kcal (8.45%), Fat: 14.89g (22.91%), Saturated Fat: 2.86g (17.85%), Carbohydrates: 2.87g (0.96%), Net Carbohydrates: 1.94g (0.71%), Sugar: 0.78g (0.87%), Cholesterol: 163.68mg (54.56%), Sodium: 142.6mg (6.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.75g (13.5%), Vitamin A: 6106.69IU (122.13%), Vitamin K: 127.87µg (121.78%), Selenium: 14.73µg (21.05%), Vitamin B2: 0.27mg (15.83%), Vitamin E: 2.15mg (14.32%), Folate: 53.67µg (13.42%), Phosphorus: 111.56mg (11.16%), Iron: 1.89mg (10.48%), Manganese: 0.18mg (9.07%), Vitamin B5: 0.8mg (7.96%), Vitamin B6: 0.16mg (7.91%), Vitamin C: 5.55mg (6.73%), Vitamin B12: 0.39µg (6.53%), Potassium: 227.05mg (6.49%), Vitamin D: 0.88µg (5.87%), Calcium: 55.73mg (5.57%), Zinc: 0.75mg (5.03%), Vitamin B1: 0.07mg (4.79%), Magnesium: 16.72mg (4.18%), Fiber: 0.93g (3.74%), Copper: 0.07mg (3.35%), Vitamin B3: 0.33mg (1.65%)