



Cucumber-Basil Egg Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



209 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons lightly basil fresh packed chopped
- ☐ 0.8 cup cucumbers diced seeded ()
- ☐ 0.5 cup green onions sliced (green part only)
- ☐ 2 cups hard-cooked eggs diced
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 cup shallots minced

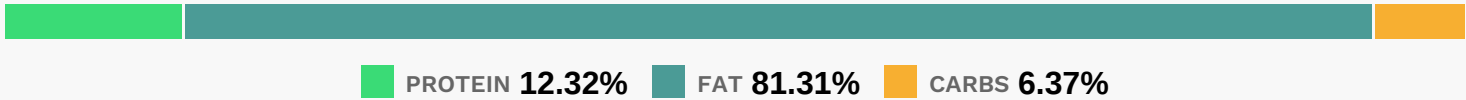
Equipment

☐ bowl

Directions

- ☐ Gently combine the eggs, cucumbers, shallots, green onions, and basil in a medium bowl. Stir in the mayonnaise, salt, and pepper.
- ☐ Store in the refrigerator for up to three days.
- ☐ From Chicken and Egg: A Memoir of Suburban Homesteading with 125 Recipes by Janice Cole. Text copyright © 2011 by Janice Cole; photographs copyright © 2011 by Alex Farnum. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:38.17, Glycemic Load:0.64, Inflammation Score:-3, Nutrition Score:8.0234782929006%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 209.4kcal (10.47%), Fat: 18.83g (28.98%), Saturated Fat: 3.67g (22.96%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 2.64g (0.96%), Sugar: 1.82g (2.02%), Cholesterol: 176.93mg (58.98%), Sodium: 274.55mg (11.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.84%), Vitamin K: 53.37µg (50.83%), Selenium: 14.58µg (20.83%), Vitamin B2: 0.25mg (14.69%), Phosphorus: 95.07mg (9.51%), Vitamin B12: 0.53µg (8.76%), Folate: 32.59µg (8.15%), Vitamin A: 396.52IU (7.93%), Vitamin E: 1.14mg (7.62%), Vitamin B5: 0.74mg (7.44%), Vitamin D: 1.03µg (6.9%), Vitamin B6: 0.11mg (5.29%), Iron: 0.9mg (4.99%), Manganese: 0.09mg (4.49%), Potassium: 143.47mg (4.1%), Zinc: 0.61mg (4.09%), Calcium: 38.33mg (3.83%), Vitamin C: 3.07mg (3.72%), Vitamin B1: 0.05mg (3.19%), Magnesium: 11.24mg (2.81%), Fiber: 0.69g (2.74%), Copper: 0.04mg (2.09%)