



Cucumbers And Egg Salad

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



158 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 small cucumber seedless
- 4 small dill pickles
- 4 eggs
- 3 tablespoons mayonnaise

Equipment

- bowl
- sauce pan

Directions

- Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes.
- Remove from hot water, and cool.
- Peel eggs. Chop into eighths, and transfer to a medium salad bowl.
- Cube cucumbers and pickled cucumbers, and add to eggs.
- Mix in mayonnaise. Refrigerate until thoroughly chilled.

Nutrition Facts

 **PROTEIN 17.19%**  **FAT 71.29%**  **CARBS 11.52%**

Properties

Glycemic Index:16.25, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:9.0995652649714%

Nutrients (% of daily need)

Calories: 157.72kcal (7.89%), Fat: 12.45g (19.15%), Saturated Fat: 2.66g (16.6%), Carbohydrates: 4.53g (1.51%), Net Carbohydrates: 3.05g (1.11%), Sugar: 2.88g (3.2%), Cholesterol: 168.09mg (56.03%), Sodium: 431.27mg (18.75%), Alcohol: 0g (100%), Protein: 6.75g (13.51%), Vitamin K: 34.84µg (33.18%), Selenium: 13.91µg (19.87%), Vitamin B2: 0.26mg (15.51%), Phosphorus: 128.43mg (12.84%), Folate: 46.28µg (11.57%), Vitamin B5: 1.09mg (10.9%), Potassium: 319.14mg (9.12%), Vitamin A: 425.89IU (8.52%), Vitamin B6: 0.17mg (8.44%), Copper: 0.16mg (7.77%), Manganese: 0.15mg (7.29%), Vitamin C: 5.83mg (7.07%), Iron: 1.22mg (6.8%), Calcium: 67.58mg (6.76%), Vitamin B12: 0.4µg (6.74%), Magnesium: 26.93mg (6.73%), Vitamin D: 0.9µg (6.01%), Vitamin E: 0.9mg (5.99%), Zinc: 0.89mg (5.95%), Fiber: 1.48g (5.9%), Vitamin B1: 0.09mg (5.67%)