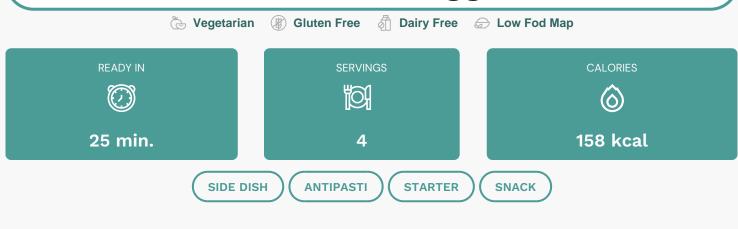


Cucumbers And Egg Salad



Ingredients

seedless
yonnaise
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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: Og (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%)