



Cumin, and Cilantro Egg Salad (Ensalada de Huevo con Comino y Cilantro)



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



223 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 eggs
- ☐ 3 tablespoons cilantro leaves fresh finely chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 juice of lime
- ☐ 4 tablespoons mayonnaise
- ☐ 4 servings salt and pepper black
- ☐ 1 tablespoon scallion the part only) green finely chopped

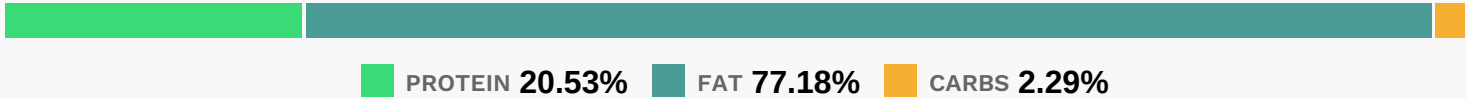
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Cook the eggs in a medium pot and cover them with water. Bring the water to a boil, then lower the heat, and simmer for 7 minutes.
- ☐ Remove the pot from the heat and let the eggs sit in the water for another 5 minutes.
- ☐ Drain and cool the eggs under cold water. Peel and mash the eggs in a bowl with all the remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:9.8069564026335%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 223.46kcal (11.17%), Fat: 18.9g (29.08%), Saturated Fat: 4.4g (27.48%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 1.17g (0.43%), Sugar: 0.51g (0.57%), Cholesterol: 333.24mg (111.08%), Sodium: 408.52mg (17.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.32g (22.63%), Selenium: 27.37µg (39.1%), Vitamin K: 27.16µg (25.86%), Vitamin B2: 0.41mg (23.99%), Phosphorus: 179.65mg (17.97%), Vitamin B5: 1.38mg (13.81%), Vitamin B12: 0.8µg (13.33%), Vitamin D: 1.79µg (11.92%), Folate: 43.61µg (10.9%), Vitamin A: 524.55IU (10.49%), Iron: 1.77mg (9.82%), Vitamin E: 1.42mg (9.44%), Zinc: 1.18mg (7.86%), Vitamin B6: 0.15mg (7.73%), Calcium: 54.65mg (5.47%), Potassium: 138.84mg (3.97%), Copper: 0.07mg (3.56%), Magnesium: 12.3mg (3.07%), Vitamin B1: 0.04mg (2.68%), Manganese: 0.04mg (1.94%), Vitamin C: 1.51mg (1.83%)