



Cucumber-Basil Egg Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



210 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons basil fresh packed chopped
- 3 tablespoons basil fresh packed chopped
- 0.8 cup cucumber diced seeded ()
- 0.5 cup spring onion sliced (green part only)
- 2 cups hardboiled eggs diced
- 0.3 teaspoon kosher salt
- 0.5 cup mayonnaise
- 0.3 teaspoon pepper freshly ground

0.3 cup shallots minced

Equipment

bowl

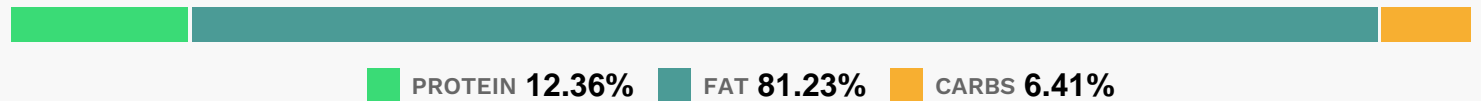
Directions

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:49.83, Glycemic Load:0.64, Inflammation Score:-3, Nutrition Score:8.3369565657947%

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: 209.63kcal (10.48%), Fat: 18.84g (28.99%), Saturated Fat: 3.67g (22.96%), Carbohydrates: 3.35g (1.12%), Net Carbohydrates: 2.65g (0.96%), Sugar: 1.82g (2.02%), Cholesterol: 176.93mg (58.98%), Sodium: 274.59mg (11.94%), Alcohol: 0g (100%), Protein: 6.45g (12.9%), Vitamin K: 57.52µg (54.79%), Selenium: 14.59µg (20.84%), Vitamin B2: 0.25mg (14.74%), Phosphorus: 95.63mg (9.56%), Vitamin A: 449.27IU (8.99%), Vitamin B12: 0.53µg (8.76%), Folate: 33.27µg (8.32%), Vitamin E: 1.15mg (7.67%), Vitamin B5: 0.75mg (7.46%), Vitamin D: 1.03µg (6.9%), Vitamin B6: 0.11mg (5.36%), Iron: 0.93mg (5.16%), Manganese: 0.1mg (5.06%), Potassium: 146.42mg (4.18%), Zinc: 0.62mg (4.14%), Calcium: 40.1mg (4.01%), Vitamin C: 3.25mg (3.94%), Vitamin B1: 0.05mg (3.21%), Magnesium: 11.88mg (2.97%), Fiber: 0.7g (2.81%), Copper: 0.05mg (2.29%)