



## Sour Cream Cucumber Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



42 kcal

SIDE DISH

### Ingredients

- 1 teaspoon dijon mustard
- 2 cucumbers english
- 1 tablespoon optional: dill dried fresh chopped
- 3 large hard-cooked eggs shelled
- 0.1 teaspoon pepper
- 1 teaspoon salt
- 0.3 cup cup heavy whipping cream sour
- 1 teaspoon sugar

2 tablespoons citrus champagne vinegar

## Equipment

food processor

bowl

blender

## Directions

Trim and discard cucumber ends.

Cut cucumbers in half lengthwise and thinly slice. In a bowl, mix cucumbers with 1 teaspoon salt; cover and chill at least 30 minutes or up to 4 hours.

Drain well and pat dry.

Separate egg yolks and whites.

Cut whites into slivers.

Add to cucumber.

In a blender or food processor, combine yolks, sour cream, vinegar, mustard, sugar, and pepper; whirl until smooth.

To serve, mix sour cream dressing and dill with cucumbers.

Add salt to taste. Line a wide bowl with lettuce leaves and spoon cucumber salad onto leaves.

## Nutrition Facts



**PROTEIN 19.59%** **FAT 54.92%** **CARBS 25.49%**

## Properties

Glycemic Index:11.17, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:2.7021739068239%

## Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 42.22kcal (2.11%), Fat: 2.65g (4.07%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 2.76g (0.92%), Net Carbohydrates: 2.46g (0.89%), Sugar: 1.53g (1.7%), Cholesterol: 50.39mg (16.8%), Sodium: 217.58mg (9.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.25%), Vitamin K: 8.37µg (7.97%), Selenium: 4.38µg (6.26%), Vitamin B2: 0.09mg (5.44%), Phosphorus: 40.4mg (4.04%), Vitamin A: 172.34IU (3.45%), Vitamin B5: 0.33mg (3.27%), Potassium: 107.43mg (3.07%), Manganese: 0.06mg (2.97%), Calcium: 25.79mg (2.58%), Vitamin B12: 0.15µg (2.54%), Magnesium: 9.86mg (2.46%), Iron: 0.44mg (2.43%), Folate: 9.42µg (2.35%), Vitamin B6: 0.04mg (2.12%), Vitamin C: 1.6mg (1.94%), Vitamin D: 0.28µg (1.83%), Zinc: 0.26mg (1.77%), Vitamin B1: 0.02mg (1.66%), Copper: 0.03mg (1.28%), Fiber: 0.31g (1.23%), Vitamin E: 0.17mg (1.13%)