



Spicy Egg Cucumber Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



1

CALORIES



273 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.5 teaspoon liquid aminos
- ☐ 1 teaspoon chile-garlic sauce sriracha® (such as)
- ☐ 1 large cucumber sliced
- ☐ 2 large eggs
- ☐ 2 cloves garlic minced
- ☐ 1 bunch green onions chopped
- ☐ 0.5 jalapeno minced

- ☐ 1 teaspoon olive oil or as needed
- ☐ 1 tablespoon spicy oregano fresh chopped
- ☐ 0.5 small bell pepper red chopped

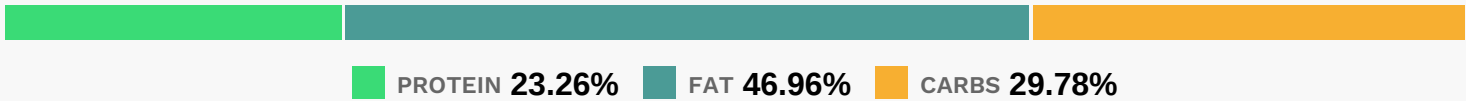
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat olive oil in a skillet over medium heat; cook and stir red bell pepper, jalapeno pepper, and garlic in the hot oil until fragrant, 2 to 3 minutes.
- ☐ Remove skillet from heat.
- ☐ Mix eggs and balsamic vinegar into jalapeno pepper mixture until egg yolks break; return skillet to medium heat. Cook and stir until eggs are scrambled and set, about 5 minutes.
- ☐ Place cucumber in a large bowl; top with egg mixture, green onions, and oregano.
- ☐ Whisk chile–garlic sauce and liquid aminos together in a bowl; pour mixture over eggs. Toss to evenly coat.

Nutrition Facts



Properties

Glycemic Index:196, Glycemic Load:3.51, Inflammation Score:-10, Nutrition Score:29.60782612925%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 273.36kcal (13.67%), Fat: 14.38g (22.13%), Saturated Fat: 3.84g (23.98%), Carbohydrates: 20.53g (6.84%), Net Carbohydrates: 14.52g (5.28%), Sugar: 10.16g (11.29%), Cholesterol: 372mg (124%), Sodium: 404.81mg (17.6%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.03g (32.06%), Vitamin K: 106.84µg (101.76%), Vitamin C: 71.12mg (86.21%), Selenium: 32.27µg (46.09%), Vitamin A: 2300.4IU (46.01%), Vitamin B2: 0.62mg (36.21%), Manganese: 0.69mg (34.49%), Folate: 132.5µg (33.13%), Phosphorus: 296.74mg (29.67%), Vitamin B6: 0.59mg (29.55%), Iron: 4.98mg (27.65%), Vitamin B5: 2.44mg (24.44%), Fiber: 6.01g (24.04%), Vitamin E: 3.6mg (23.97%), Potassium: 785.49mg (22.44%), Calcium: 210.98mg (21.1%), Magnesium: 72.81mg (18.2%), Copper: 0.35mg (17.7%), Vitamin B12: 0.89µg (14.83%), Zinc: 2.18mg (14.53%), Vitamin D: 2µg (13.33%), Vitamin B1: 0.18mg (12.24%), Vitamin B3: 1.03mg (5.15%)