



Egg Salad with Cucumber and Sour Cream

Total: 16 min · Prep: 5 min · Cook: 11 min · 1 servings · Easy · Snacks

Vegetarian

Gluten-Free

INGREDIENTS

2 pc Boiled egg

140 g Cucumber, peeled

40 g Sour cream 10% fat

15 g Dill, parsley or other herbs

to taste Salt, oregano, allspice

1 tsp Fresh lemon or lime juice

INSTRUCTIONS

- 1 Bring water to a boil. Boil the eggs for 7-8 minutes. Then cool them under running water or with ice to make peeling easier. Peel the eggs and dice into approximately half-centimeter cubes. Dice the cucumber the same way.
- 2 Mix together the eggs, sour cream, add salt, oregano, and allspice. Chop the herbs and add to the dish, mix everything well.

Nutrition per serving: 259 kcal · Protein **19.0 g** · Fat **17.0 g** · Carbs **9.0 g** · Fiber **1.2 g**