

Cucumber Salad

*The Ox-Yoke Inn - Amana, IA
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 4

*4 medium cucumbers, peeled, seeded
and sliced
1 onion, cut fine
2 hard-boiled eggs, sliced
1/2 teaspoon salt
freshly ground pepper (to taste)
2 tablespoons vinegar
1/2 cup cream*

In a bowl, mix all of the ingredients together.

Serve

Per Serving (excluding unknown items): 162 Calories; 11g Fat (55.9% calories from fat); 6g Protein; 12g Carbohydrate; 3g Dietary Fiber; 132mg Cholesterol; 315mg Sodium. Exchanges: 1/2 Lean Meat; 2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

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Salads

Per Serving Nutritional Analysis

Calories (kcal):	162	Vitamin B6 (mg):	.2mg
% Calories from Fat:	55.9%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	29.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	14.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	11g	Folacin (mcg):	56mcg
Saturated Fat (g):	6g	Niacin (mg):	1mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	132mg	% Daily Value*	on on%
Carbohydrate (g):	12g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	0
Protein (g):	6g	Lean Meat:	1/2
Sodium (mg):	315mg	Vegetable:	2

Potassium (mg): 550mg
Calcium (mg): 89mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 18mg
Vitamin A (i.u.): 1069IU
Vitamin A (r.e.): 174 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 162 Calories from Fat: 91

% Daily Values*

Total Fat	11g	16%
Saturated Fat	6g	28%
Cholesterol	132mg	44%
Sodium	315mg	13%
Total Carbohydrates	12g	4%
Dietary Fiber	3g	12%
Protein	6g	

Vitamin A	21%
Vitamin C	30%
Calcium	9%
Iron	7%

* Percent Daily Values are based on a 2000 calorie diet.