

Quail Egg Salad

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-quail-egg-recipe>

Ingredients:

- 2 3/4 cups mixed greens
- 10 quail eggs
- 1/2 cucumber
- 20 cherry tomatoes
- olive oil
- 1 garlic clove optional
- 2 red onions
- 3 3/8 tablespoons white wine vinegar or use regular vinegar
- 5/8 cup vegetable oil or sunflower
- pepper
- salt

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 12 grams
3. Fat: 40 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 3 grams
7. Sodium: 210 milligrams
8. Sugar: 6 grams
9. TransFat: 1 grams

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