



Almost Eggless Egg Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



250 min.

SERVINGS



4

CALORIES



157 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons celery minced
- ☐ 0.3 teaspoon dill weed dried
- ☐ 1 tablespoon parsley dried
- ☐ 4 servings ground pepper black to taste
- ☐ 0.5 teaspoon ground turmeric
- ☐ 2 tablespoons mayonnaise
- ☐ 1 teaspoon mustard prepared
- ☐ 1 tablespoon onion minced

- ☐ 4 servings salt to taste
- ☐ 1 tablespoon relish sweet
- ☐ 1 pound spicy tofu firm drained sliced well
- ☐ 1 teaspoon distilled vinegar white
- ☐ 1 teaspoon sugar white

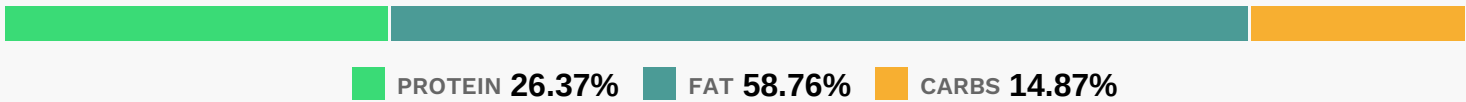
Equipment

- ☐ bowl

Directions

- ☐ In a small bowl, combine mayonnaise, sweet pickle relish, vinegar, mustard, sugar, turmeric, dill, and parsley.
- ☐ Mix well, and reserve.
- ☐ Place drained tofu in large bowl, and crumble with a fork. Stir in onion and celery.
- ☐ Mix in reserved mixture. Season to taste with salt and pepper. Chill for several hours to allow flavors to blend.

Nutrition Facts



Properties

Glycemic Index:78.27, Glycemic Load:1.06, Inflammation Score:-9, Nutrition Score:3.1139130339674%

Flavonoids

Apigenin: 22.63mg, Apigenin: 22.63mg, Apigenin: 22.63mg, Apigenin: 22.63mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 156.88kcal (7.84%), Fat: 10.36g (15.93%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 4.57g (1.66%), Sugar: 2.69g (2.99%), Cholesterol: 2.94mg (0.98%), Sodium: 292.78mg (12.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.46g (20.91%), Vitamin K: 22.75µg (21.66%), Calcium: 153.3mg (15.33%), Iron: 1.7mg (9.43%), Fiber: 1.33g (5.31%), Manganese: 0.1mg (4.93%), Vitamin E: 0.32mg (2.14%), Vitamin A:

83.02IU (1.66%), Vitamin C: 1.07mg (1.3%), Potassium: 41.47mg (1.18%), Vitamin B2: 0.02mg (1.14%), Magnesium: 4.5mg (1.13%), Selenium: 0.71µg (1.02%)