



## Avocado Egg Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



205 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 avocados pitted cubed peeled
- 3 hard-cooked eggs sliced
- 1 teaspoon juice of lemon fresh
- 0.5 cup mayonnaise light
- 1 tablespoon milk
- 0.5 teaspoon paprika
- 0.5 onion red minced

### Equipment

bowl

whisk

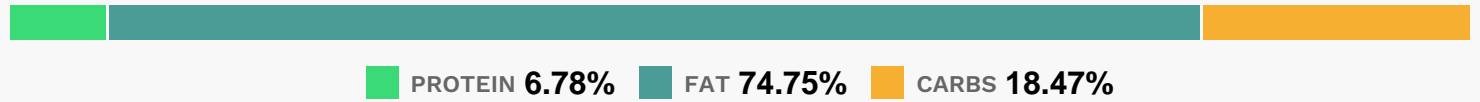
## Directions

Toss avocado cubes with lemon juice in a serving bowl; mix avocado with chopped egg and onion.

Whisk together the mayonnaise and milk; add to avocado mixture and gently mix. Arrange the remaining eggs sliced atop the salad in rows.

Sprinkle top with paprika.

## Nutrition Facts



## Properties

Glycemic Index:10, Glycemic Load:0.85, Inflammation Score:-5, Nutrition Score:10.216087045877%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

## Nutrients (% of daily need)

Calories: 205.3kcal (10.26%), Fat: 18.23g (28.04%), Saturated Fat: 2.9g (18.11%), Carbohydrates: 10.13g (3.38%), Net Carbohydrates: 3.29g (1.2%), Sugar: 1.41g (1.57%), Cholesterol: 48.27mg (16.09%), Sodium: 100.44mg (4.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Fiber: 6.84g (27.37%), Vitamin K: 26.24µg (24.99%), Folate: 88.27µg (22.07%), Vitamin E: 2.44mg (16.27%), Vitamin B5: 1.59mg (15.89%), Potassium: 516.96mg (14.77%), Vitamin B6: 0.28mg (14.09%), Vitamin C: 10.55mg (12.79%), Vitamin B2: 0.2mg (11.7%), Copper: 0.2mg (9.84%), Vitamin B3: 1.77mg (8.87%), Magnesium: 31.36mg (7.84%), Phosphorus: 78.05mg (7.8%), Manganese: 0.15mg (7.7%), Selenium: 4.55µg (6.5%), Zinc: 0.8mg (5.32%), Vitamin B1: 0.08mg (5.3%), Vitamin A: 261.45IU (5.23%), Iron: 0.74mg (4.12%), Vitamin B12: 0.15µg (2.42%), Calcium: 21.68mg (2.17%), Vitamin D: 0.29µg (1.92%)