



Avocado Egg Salad

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



529 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoons pepper black
- 2 eggs
- 0.5 ice cubes
- 0.3 optional: lemon
- 1 pears
- 1 scotch bonnet peppers
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- 2 slices bread whole wheat

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Equipment

bowl

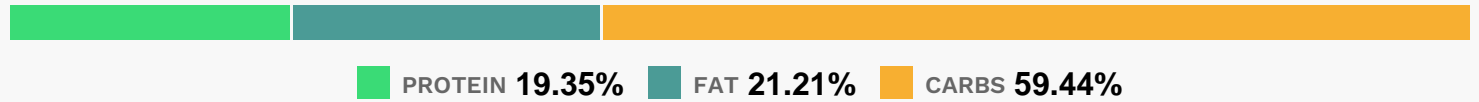
rolling pin

Directions

Boil your eggs and immerse in water to cool. Peel your avocado and mash in a bowl. Squeeze your lemon over the avocado. Peel the eggs, chop and mix with the avocado.

Mix the black pepper, seasoning and scotch bonnet pepper and set aside. Toast your bread and roll out with a rolling pin, cut the edges off and serve the avocado egg salad on the bread.

Nutrition Facts



Properties

Glycemic Index:323.64, Glycemic Load:38.04, Inflammation Score:-6, Nutrition Score:32.334782608696%

Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Taste

Sweetness: 100%, Saltiness: 71.5%, Sourness: 54.99%, Bitterness: 40.06%, Savoriness: 28.03%, Fattiness: 34.11%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 528.87kcal (26.44%), Fat: 12.78g (19.66%), Saturated Fat: 3.64g (22.75%), Carbohydrates: 80.56g (26.85%), Net Carbohydrates: 67.14g (24.41%), Sugar: 24.36g (27.06%), Cholesterol: 327.36mg (109.12%), Sodium: 633.53mg (27.54%), Protein: 26.23g (52.46%), Manganese: 2.61mg (130.53%), Selenium: 56.32µg (80.46%), Vitamin C: 50.7mg (61.46%), Fiber: 13.42g (53.68%), Phosphorus: 446.75mg (44.68%), Vitamin B2: 0.66mg (38.7%), Vitamin B1: 0.52mg (34.68%), Magnesium: 116.95mg (29.24%), Iron: 5.14mg (28.58%), Vitamin B6: 0.57mg (28.37%), Vitamin B3: 5.6mg (27.98%), Folate: 108.52µg (27.13%), Calcium: 260.11mg (26.01%), Copper: 0.51mg (25.3%), Vitamin B5: 2.3mg (23.03%), Zinc: 3.36mg (22.4%), Potassium: 716.23mg (20.46%), Vitamin K: 20.45µg (19.48%), Vitamin A: 722.14IU (14.44%), Vitamin B12: 0.78µg (13.05%), Vitamin E: 1.93mg (12.84%), Vitamin D: 1.76µg (11.73%)