



Butter Lettuce and Egg Salad



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



8

CALORIES



195 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



6 qts boston lettuce



1 tablespoon champagne vinegar



3 tablespoons chives chopped



1 teaspoon dijon mustard



0.5 cup optional: dill fresh



6 large eggs



0.5 teaspoon kosher salt



3 tablespoons olive oil extra virgin extra-virgin

☐ 0.3 teaspoon pepper

Equipment

☐ bowl

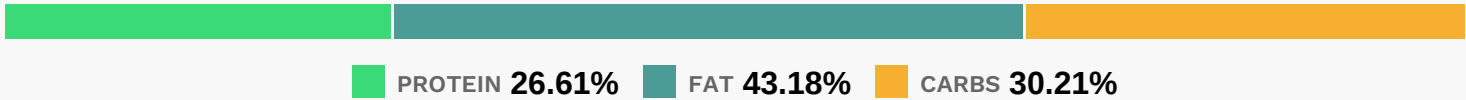
☐ sauce pan

☐ whisk

Directions

- ☐ Put eggs in a medium saucepan, cover with 1 in. water, and bring to a boil. Immediately remove from heat and let sit 9 minutes. Meanwhile, whisk salt, pepper, vinegar, mustard, and oil together.
- ☐ Transfer eggs to a bowl of cold water and let cool a minute. Crack gently all over, then return to water for 5 minutes. Peel and cut or break into quarters.
- ☐ Put lettuce in a large bowl and toss gently but thoroughly with dill, chives, and most of dressing.
- ☐ Add eggs and gently toss again. Top with flowers if you like.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.04, Inflammation Score:-10, Nutrition Score:35.636086816373%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.35mg, Isorhamnetin: 1.35mg, Isorhamnetin: 1.35mg, Isorhamnetin: 1.35mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 21.05mg, Quercetin: 21.05mg, Quercetin: 21.05mg, Quercetin: 21.05mg

Nutrients (% of daily need)

Calories: 194.8kcal (9.74%), Fat: 10.44g (16.06%), Saturated Fat: 2.11g (13.19%), Carbohydrates: 16.43g (5.48%), Net Carbohydrates: 8.49g (3.09%), Sugar: 6.84g (7.6%), Cholesterol: 139.5mg (46.5%), Sodium: 243.05mg (10.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.48g (28.96%), Vitamin K: 731.87µg (697.02%), Vitamin A: 23986.38IU (479.73%), Folate: 541.4µg (135.35%), Manganese: 1.33mg (66.71%), Iron: 9.72mg (54.02%), Potassium:

1768.58mg (50.53%), Vitamin B2: 0.62mg (36.58%), Vitamin C: 29.42mg (35.67%), Vitamin B6: 0.65mg (32.67%),
Fiber: 7.94g (31.76%), Phosphorus: 311.99mg (31.2%), Vitamin B1: 0.42mg (28.23%), Calcium: 277.49mg (27.75%),
Magnesium: 99.34mg (24.84%), Selenium: 16µg (22.85%), Vitamin B5: 1.66mg (16.58%), Vitamin E: 2.43mg (16.22%),
Vitamin B3: 2.62mg (13.1%), Zinc: 1.94mg (12.95%), Copper: 0.15mg (7.41%), Vitamin B12: 0.33µg (5.56%), Vitamin D:
0.75µg (5%)