



Cilantro Egg Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



260 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 stalk rib celery diced finely
- ☐ 1 tablespoon dijon mustard
- ☐ 0.8 cup cilantro leaves fresh chopped
- ☐ 5 hard-cooked eggs finely chopped
- ☐ 1 teaspoon juice of lemon
- ☐ 1 teaspoon juice of lime
- ☐ 0.8 cup mayonnaise
- ☐ 4 mushrooms fresh diced finely

☐ 6 servings salt and pepper to taste

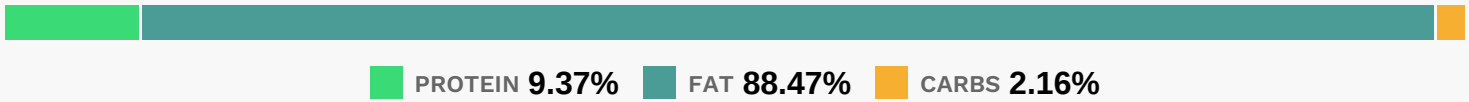
Equipment

☐ bowl

Directions

- ☐ In a medium bowl, stir together the eggs, mayonnaise, cilantro, mustard, lemon juice, lime juice, celery, and mushrooms. Season with salt and pepper to taste.
- ☐ Serve on bread or toast.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:7.6882609750914%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 260.32kcal (13.02%), Fat: 25.51g (39.24%), Saturated Fat: 4.65g (29.07%), Carbohydrates: 1.4g (0.47%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.98g (1.09%), Cholesterol: 167.18mg (55.73%), Sodium: 452.5mg (19.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.16%), Vitamin K: 52.06µg (49.58%), Selenium: 15.59µg (22.27%), Vitamin B2: 0.28mg (16.35%), Vitamin E: 1.41mg (9.41%), Phosphorus: 92.9mg (9.29%), Vitamin B5: 0.85mg (8.52%), Vitamin B12: 0.5µg (8.36%), Vitamin A: 372.82IU (7.46%), Vitamin D: 1µg (6.66%), Folate: 23.73µg (5.93%), Iron: 0.7mg (3.89%), Zinc: 0.58mg (3.84%), Vitamin B6: 0.07mg (3.6%), Potassium: 116.98mg (3.34%), Vitamin B1: 0.05mg (3.17%), Copper: 0.06mg (3%), Vitamin B3: 0.55mg (2.73%), Calcium: 26.74mg (2.67%), Manganese: 0.04mg (1.95%), Magnesium: 7.51mg (1.88%), Vitamin C: 1.41mg (1.71%), Fiber: 0.31g (1.22%)