



Classic Egg Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



194 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 tsp pepper black
- 1 small stalk celery finely chopped
- 1 Tbsp grey poupon dijon mustard
- 6 eggs
- 1 Tbsp parsley fresh finely chopped
- 1 green onion finely chopped
- 0.3 cup real mayo mayonnaise kraft

Equipment

- bowl
- sauce pan
- slotted spoon
- grater

Directions

- Place eggs in medium saucepan.
- Add enough water to cover eggs by 1 inch. Bring to boil.
- Remove from heat, cover.
- Let stand 15 min.
- Use slotted spoon to transfer eggs to bowl of ice water.
- Let stand 5 min.
- Peel eggs; shred with rotary grater.
- Place in medium bowl.
- Add remaining ingredients; mix well.

Nutrition Facts

■ PROTEIN 18.2% ■ FAT 79.22% ■ CARBS 2.58%

Properties

Glycemic Index:52.5, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:9.0795652581298%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 194.08kcal (9.7%), Fat: 16.9g (26%), Saturated Fat: 3.72g (23.24%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 0.87g (0.32%), Sugar: 0.51g (0.57%), Cholesterol: 251.4mg (83.8%), Sodium: 228.31mg (9.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.74g (17.47%), Vitamin K: 46.31µg (44.11%), Selenium: 21.9µg (31.29%), Vitamin B2: 0.31mg (18.4%), Phosphorus: 140.55mg (14.05%), Vitamin B5: 1.07mg (10.65%), Vitamin B12:

0.6µg (10.07%), Vitamin A: 497.87IU (9.96%), Folate: 36.9µg (9.22%), Vitamin D: 1.35µg (8.99%), Vitamin E: 1.2mg (8.01%), Iron: 1.37mg (7.6%), Zinc: 0.93mg (6.17%), Vitamin B6: 0.12mg (6.11%), Calcium: 46.17mg (4.62%), Potassium: 125.76mg (3.59%), Manganese: 0.06mg (3.09%), Copper: 0.06mg (3%), Magnesium: 11.62mg (2.9%), Vitamin B1: 0.04mg (2.56%), Vitamin C: 1.97mg (2.39%), Fiber: 0.37g (1.48%)