

Classic Egg Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



219 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup celery finely chopped
- ☐ 6 hard-cooked eggs sliced
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 4 servings lettuce leaves
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon onion minced
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

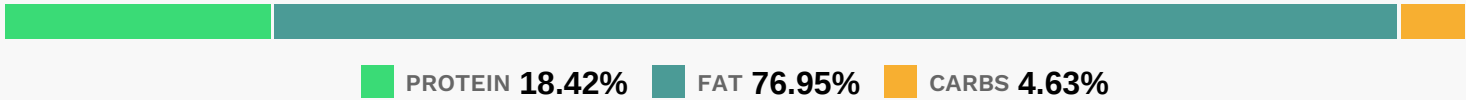
Equipment

☐ bowl

Directions

- ☐ Reserve 4 center egg slices for garnish, if desired. Chop remaining eggs.
- ☐ Mix mayonnaise, lemon juice, onion, salt and pepper in medium bowl.
- ☐ Add chopped eggs and celery; mix well. Refrigerate, covered, to blend flavors.
- ☐ Serve on lettuce leaves; garnish with reserved egg slices.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.16, Inflammation Score:-8, Nutrition Score:11.136086907076%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 218.68kcal (10.93%), Fat: 18.46g (28.41%), Saturated Fat: 4.1g (25.61%), Carbohydrates: 2.5g (0.83%), Net Carbohydrates: 1.98g (0.72%), Sugar: 1.5g (1.67%), Cholesterol: 285.63mg (95.21%), Sodium: 344.21mg (14.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.89%), Vitamin A: 2233.63IU (44.67%), Selenium: 23.64µg (33.77%), Vitamin K: 26.96µg (25.67%), Vitamin B2: 0.42mg (24.7%), Phosphorus: 143.05mg (14.31%), Vitamin B12: 0.85µg (14.15%), Folate: 48.36µg (12.09%), Vitamin D: 1.68µg (11.19%), Vitamin B5: 1.11mg (11.12%), Vitamin E: 1.34mg (8.96%), Vitamin C: 5.86mg (7.11%), Iron: 1.18mg (6.58%), Vitamin B6: 0.13mg (6.49%), Manganese: 0.13mg (6.27%), Zinc: 0.88mg (5.87%), Calcium: 53.68mg (5.37%), Vitamin B1: 0.08mg (5.3%), Potassium: 184.6mg (5.27%), Magnesium: 12.77mg (3.19%), Fiber: 0.52g (2.09%)