



Creamy Egg Salad Appetizers

 Vegetarian

READY IN



195 min.

SERVINGS



15

CALORIES



232 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup philadelphia chive & onion cream cheese spread
- 2 claussen kosher dill pickle wholes chopped
- 6 hard-cooked eggs chopped
- 2 Tbsp mayo reduced fat mayonnaise light kraft
- 32 slices cocktail rye bread

Equipment

- bowl

Directions

- Mix cream cheese spread, mayo and pickles in medium bowl.
- Add eggs; mix lightly. Refrigerate several hours or until chilled.
- Spread onto bread slices just before serving.

Nutrition Facts



PROTEIN 15.4% **FAT 25.35%** **CARBS 59.25%**

Properties

Glycemic Index:3.49, Glycemic Load:15.18, Inflammation Score:-4, Nutrition Score:10.553478336853%

Nutrients (% of daily need)

Calories: 232.06kcal (11.6%), Fat: 6.47g (9.95%), Saturated Fat: 2.21g (13.79%), Carbohydrates: 34.01g (11.34%), Net Carbohydrates: 29.96g (10.9%), Sugar: 3.26g (3.63%), Cholesterol: 79.59mg (26.53%), Sodium: 557.02mg (24.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.67%), Selenium: 27.3µg (39%), Manganese: 0.57mg (28.6%), Folate: 84.66µg (21.17%), Vitamin B1: 0.31mg (20.91%), Vitamin B2: 0.34mg (19.78%), Fiber: 4.05g (16.18%), Vitamin B3: 2.62mg (13.08%), Iron: 2.19mg (12.18%), Phosphorus: 121.4mg (12.14%), Magnesium: 29.95mg (7.49%), Calcium: 73.71mg (7.37%), Zinc: 1mg (6.66%), Copper: 0.13mg (6.61%), Vitamin B5: 0.59mg (5.85%), Potassium: 148.81mg (4.25%), Vitamin A: 197.83IU (3.96%), Vitamin B6: 0.08mg (3.92%), Vitamin B12: 0.22µg (3.7%), Vitamin E: 0.48mg (3.22%), Vitamin K: 3.34µg (3.18%), Vitamin D: 0.44µg (2.93%)