



Deviled Egg Salad



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



357 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 large eggs
- ☐ 0.3 cup green onion chopped
- ☐ 0.5 cup celery chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon sherry vinegar
- ☐ 0.3 teaspoon tabasco to taste (more or less)

- ☐ 0.5 teaspoon paprika to taste (more or less)
- ☐ 0.5 teaspoon pepper black to taste (more or less)
- ☐ 0.3 teaspoon salt to taste (more)

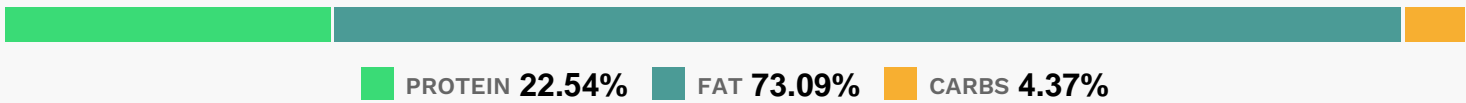
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ kitchen timer
- ☐ steamer basket

Directions

- ☐ Hard boil the eggs: The easiest way to make hard boiled eggs that are easy to peel is to steam them. Fill a saucepan with 1 inch of water and insert a steamer basket. (If you don't have a steamer basket, that's ok.)
- ☐ Bring the water to a boil, gently place the eggs in the steamer basket or directly in the saucepan. Cover the pot. Set your timer for 15 minutes.
- ☐ Remove eggs and set in icy cold water to cool.
- ☐ For more advice, see our How to Steam Hard Boiled Eggs. (You can also pressure cook them.)
- ☐ Prep the eggs and veggies: Chop the eggs coarsely and put them into a large bowl.
- ☐ Add the green onion, celery, and red bell pepper.
- ☐ Make the salad: In small bowl, mix together the mayo, mustard, vinegar, and Tabasco. Gently stir the mayo dressing into the bowl with the eggs and vegetables.
- ☐ Add the paprika and salt and black pepper. Adjust seasonings to taste.
- ☐ Best served chilled.

Nutrition Facts



Properties

Glycemic Index:56.25, Glycemic Load:0.5, Inflammation Score:-7, Nutrition Score:20.250435020613%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 356.69kcal (17.83%), Fat: 28.61g (44.02%), Saturated Fat: 6.93g (43.28%), Carbohydrates: 3.85g (1.28%), Net Carbohydrates: 2.62g (0.95%), Sugar: 1.9g (2.11%), Cholesterol: 565.84mg (188.61%), Sodium: 578.35mg (25.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.85g (39.7%), Selenium: 49.16µg (70.23%), Vitamin K: 49.15µg (46.81%), Vitamin B2: 0.73mg (42.69%), Vitamin A: 1654.51IU (33.09%), Phosphorus: 320.71mg (32.07%), Vitamin C: 25.64mg (31.08%), Vitamin B5: 2.46mg (24.59%), Vitamin B12: 1.36µg (22.62%), Folate: 89.25µg (22.31%), Vitamin D: 3.04µg (20.25%), Vitamin E: 2.65mg (17.68%), Iron: 3.08mg (17.1%), Vitamin B6: 0.34mg (16.77%), Zinc: 2.11mg (14.09%), Calcium: 103.09mg (10.31%), Potassium: 322.23mg (9.21%), Manganese: 0.16mg (7.83%), Magnesium: 27.7mg (6.92%), Copper: 0.14mg (6.78%), Vitamin B1: 0.09mg (6.22%), Fiber: 1.23g (4.92%), Vitamin B3: 0.44mg (2.19%)