



## Dinner Tonight: Egg Salad with Fennel



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



345 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 8 large eggs
- ☐ 0.5 fennel bulb finely chopped
- ☐ 1 garlic clove
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 cup mayonnaise homemade

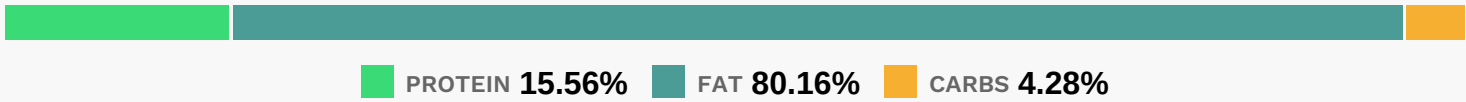
### Equipment

- ☐ frying pan
- ☐ whisk

## Directions

- ☐ Place eggs in a medium pan and cover with cold water. Bring to a gentle boil and simmer, uncovered, for 10 minutes.
- ☐ Drain water and run eggs under cold water until no longer hot. Peel and chop the eggs.
- ☐ Mince garlic clove and smash with a pinch of salt into a paste.
- ☐ Whisk into the mayonnaise along with the lemon juice, zest, mustard, and fresh black pepper. Season to taste.
- ☐ Stir chopped fennel into the dressing, then gently stir in the eggs.
- ☐ Serve on toast with the fennel fronds sprinkled over the top.

## Nutrition Facts



## Properties

Glycemic Index:39.25, Glycemic Load:0.71, Inflammation Score:-3, Nutrition Score:13.938695518867%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 345.41kcal (17.27%), Fat: 30.57g (47.03%), Saturated Fat: 6.44g (40.24%), Carbohydrates: 3.67g (1.22%), Net Carbohydrates: 2.63g (0.96%), Sugar: 1.82g (2.02%), Cholesterol: 383.76mg (127.92%), Sodium: 348.95mg (15.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.35g (26.71%), Vitamin K: 64.34µg (61.28%), Selenium: 32.09µg (45.84%), Vitamin B2: 0.47mg (27.9%), Phosphorus: 221.36mg (22.14%), Vitamin B5: 1.66mg (16.64%), Vitamin B12: 0.92µg (15.39%), Vitamin E: 2.15mg (14.33%), Folate: 57.22µg (14.31%), Vitamin D: 2.06µg (13.71%), Vitamin A: 598.83IU (11.98%), Iron: 2.06mg (11.46%), Vitamin B6: 0.2mg (9.94%), Zinc: 1.41mg (9.4%), Potassium: 274.24mg (7.84%), Calcium: 75.61mg (7.56%), Vitamin C: 5.85mg (7.09%), Manganese: 0.1mg (5.2%), Copper: 0.1mg (5.04%), Magnesium: 18.34mg (4.59%), Fiber: 1.04g (4.16%), Vitamin B1: 0.05mg (3.39%), Vitamin B3: 0.28mg (1.4%)