



Egg Salad

 Vegetarian  Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

184 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup celery chopped
- ☐ 2 teaspoons cider vinegar
- ☐ 0.5 tablespoon dijon mustard
- ☐ 0.3 cup bell pepper green chopped
- ☐ 4 eggland's best hard-cooked eggs
- ☐ 1 tablespoon yogurt plain low-fat
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup onion chopped

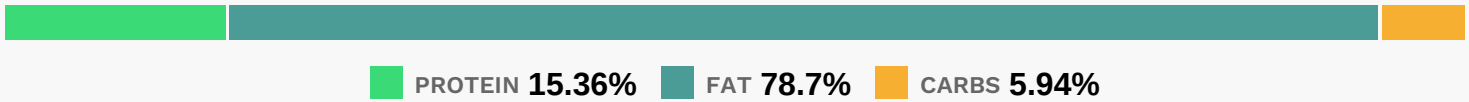
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper white

Equipment

Directions

- ☐ Chop the Eggland's Best eggs
- ☐ Add the rest of the ingredients and mix well Divide into equal portions and serve in a sandwich or as a salad on lettuce Vegetarian, Low Fat, Ready in 10 mins, recipe by Eggland's Best Nutritional Information1 Serving: Calories 150; Total Fat 10g; Cholesterol 180mg; Sodium 311mg; Total Carbohydrates 5g; Protein 7g

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:0.32, Inflammation Score:-3, Nutrition Score:7.2152173363644%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 184.45kcal (9.22%), Fat: 15.96g (24.55%), Saturated Fat: 3.34g (20.87%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 2.18g (0.79%), Sugar: 1.76g (1.96%), Cholesterol: 192.68mg (64.23%), Sodium: 326.23mg (14.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.01%), Vitamin K: 25.59µg (24.37%), Selenium: 16.6µg (23.72%), Vitamin B2: 0.28mg (16.48%), Phosphorus: 104.75mg (10.48%), Vitamin C: 8.48mg (10.28%), Vitamin B12: 0.6µg (10%), Vitamin B5: 0.8mg (7.95%), Vitamin D: 1.13µg (7.52%), Folate: 28.49µg (7.12%), Vitamin E: 1.04mg (6.91%), Vitamin A: 335.98IU (6.72%), Vitamin B6: 0.1mg (5.15%), Zinc: 0.64mg (4.28%), Calcium: 42.64mg (4.26%), Iron: 0.74mg (4.1%), Potassium: 129.52mg (3.7%), Vitamin B1: 0.05mg (3.43%), Manganese: 0.06mg (3.1%), Magnesium: 9.7mg (2.43%), Fiber: 0.53g (2.11%), Copper: 0.02mg (1.22%)