



Egg Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



122 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black as needed freshly ground plus more
- 0.3 cup celery (1 stalk)
- 2 teaspoons dijon mustard
- 2 tablespoons relish
- 6 large eggs
- 0.5 teaspoon kosher salt as needed plus more
- 0.3 cup mayonnaise

Equipment

- bowl
- frying pan
- sauce pan
- potato masher
- slotted spoon

Directions

- Place the eggs in a medium saucepan. (They should sit in a single layer.)
- Add enough cold water to cover them by 1 inch. Bring to a boil over high heat, remove the pan from the heat, cover with a tightfitting lid, and let the eggs sit in the hot water for 8 minutes. Using a slotted spoon, transfer the eggs to a large bowl and fill the bowl with enough cold water to cover the eggs by a few inches. Gently crack the shells against the side of the bowl.
- Let the eggs sit in the water until cool, about 30 minutes. When the eggs are cool, drain them and wipe out the bowl. Peel the eggs, rinse off any bits of shell, cut them in half, and place back in the large bowl. Using a potato masher or fork, mash the halves into small pieces.
- Add the remaining ingredients and stir to combine. Taste and season with additional salt and pepper as needed.

Nutrition Facts

■ PROTEIN **16.38%** ■ FAT **78.9%** ■ CARBS **4.72%**

Properties

Glycemic Index: 18.25, Glycemic Load: 0.06, Inflammation Score: -1, Nutrition Score: 4.6221739332313%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 122.01kcal (6.1%), Fat: 10.62g (16.33%), Saturated Fat: 2.27g (14.21%), Carbohydrates: 1.43g (0.48%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.27g (0.3%), Cholesterol: 143.42mg (47.81%), Sodium: 315.9mg (13.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Selenium: 12.17µg (17.39%), Vitamin K: 16.68µg

(15.89%), Vitamin B2: 0.18mg (10.47%), Phosphorus: 80.17mg (8.02%), Vitamin B5: 0.61mg (6.06%), Vitamin B12: 0.34µg (5.75%), Vitamin D: 0.77µg (5.12%), Folate: 19.74µg (4.94%), Vitamin E: 0.72mg (4.78%), Vitamin A: 234.95IU (4.7%), Iron: 0.76mg (4.21%), Zinc: 0.52mg (3.47%), Vitamin B6: 0.07mg (3.46%), Calcium: 24.77mg (2.48%), Potassium: 70.22mg (2.01%), Copper: 0.04mg (1.76%), Magnesium: 6.48mg (1.62%), Manganese: 0.03mg (1.48%), Vitamin B1: 0.02mg (1.38%)