



Egg Salad in Squash Boats

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



145 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.3 cup celery minced
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon dill weed fresh chopped
- ☐ 0.3 cup olives green sliced
- ☐ 4 hard-cooked eggs finely chopped
- ☐ 2 tablespoons mayonnaise
- ☐ 0.3 cup bell pepper red minced

- ☐ 0.3 teaspoon lawry's seasoned salt
- ☐ 0.3 cup sharp cheddar cheese shredded
- ☐ 6 medium baby squash yellow

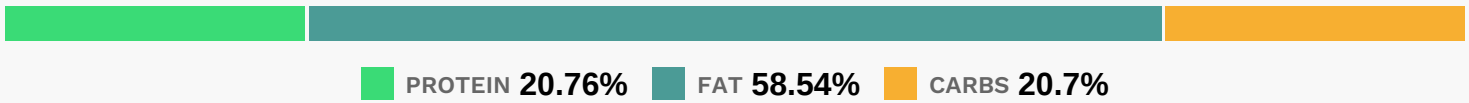
Equipment

- ☐ bowl
- ☐ pot
- ☐ plastic wrap

Directions

- ☐ Bring a large pot of water to a boil over medium-high heat.
- ☐ Cut squash in half lengthwise.
- ☐ Remove and discard pulp. Blanch squash halves by putting in boiling water for about 30 seconds. Plunge squash in ice water to stop cooking.
- ☐ In a medium bowl, combine chopped eggs, celery, red pepper, sliced green olives, shredded cheese, basil, dill and mayonnaise. Season with cayenne and seasoned salt.
- ☐ Mix well.
- ☐ Spoon egg mixture into squash halves, mounding if necessary. Cover with plastic wrap and refrigerate until chilled thoroughly.

Nutrition Facts



Properties

Glycemic Index:48.33, Glycemic Load:1.57, Inflammation Score:-7, Nutrition Score:13.846956605497%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 144.78kcal (7.24%), Fat: 9.89g (15.21%), Saturated Fat: 2.75g (17.17%), Carbohydrates: 7.87g (2.62%), Net Carbohydrates: 5.29g (1.92%), Sugar: 5.09g (5.65%), Cholesterol: 131mg (43.67%), Sodium: 294.03mg (12.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.89g (15.78%), Vitamin C: 41.64mg (50.47%), Vitamin B2: 0.48mg (28.27%), Vitamin B6: 0.5mg (24.87%), Folate: 77.91µg (19.48%), Manganese: 0.37mg (18.71%), Vitamin A: 925.92IU (18.52%), Selenium: 12.18µg (17.4%), Vitamin K: 18.15µg (17.28%), Potassium: 590.64mg (16.88%), Phosphorus: 157.87mg (15.79%), Fiber: 2.57g (10.3%), Magnesium: 40.39mg (10.1%), Calcium: 86.27mg (8.63%), Vitamin B5: 0.83mg (8.3%), Vitamin B1: 0.12mg (8.26%), Zinc: 1.13mg (7.53%), Vitamin E: 1.12mg (7.47%), Vitamin B12: 0.43µg (7.09%), Iron: 1.2mg (6.64%), Copper: 0.12mg (5.95%), Vitamin B3: 1.08mg (5.4%), Vitamin D: 0.77µg (5.14%)