

Egg White Salad

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



237 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.1 teaspoon pepper black
- 3 eggs
- 1 tablespoon flat-leaf parsley fresh chopped
- 1 teaspoon olive oil extra-virgin
- 1 plum tomatoes diced

Equipment

- bowl
- sauce pan

Directions

- Place the eggs in a small saucepan. Fill with enough cold water to cover them by 3 inches. Bring to a boil. Cover and remove from heat.
- Let stand for 15 minutes.
- Remove the eggs to a bowl of ice water to cool. Peel the eggs. Chop the whites only, saving the yolks for another use. In a small bowl, combine the egg whites, tomato, parsley, oil, and pepper.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:102, Glycemic Load:0.7, Inflammation Score:-7, Nutrition Score:18.537825978321%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 237.35kcal (11.87%), Fat: 16.72g (25.72%), Saturated Fat: 4.71g (29.44%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 2.84g (1.03%), Sugar: 2.15g (2.39%), Cholesterol: 491.04mg (163.68%), Sodium: 192.91mg (8.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.32g (34.64%), Vitamin K: 73.71µg (70.2%), Selenium: 40.54µg (57.91%), Vitamin B2: 0.62mg (36.43%), Vitamin A: 1567.59IU (31.35%), Phosphorus: 278.95mg (27.9%), Vitamin B5: 2.1mg (20.98%), Vitamin B12: 1.17µg (19.58%), Folate: 77.46µg (19.37%), Vitamin D: 2.64µg (17.6%), Vitamin C: 13.81mg (16.74%), Vitamin E: 2.33mg (15.53%), Iron: 2.77mg (15.4%), Vitamin B6: 0.28mg (13.92%), Zinc: 1.85mg (12.36%), Potassium: 354.62mg (10.13%), Calcium: 86.79mg (8.68%), Manganese: 0.15mg (7.3%), Copper: 0.14mg (7.05%), Magnesium: 25.09mg (6.27%), Vitamin B1: 0.08mg (5.3%), Fiber: 0.94g (3.76%), Vitamin B3: 0.52mg (2.61%)