



 **20%**
HEALTH SCORE

Egg and Ham Salad

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



1

CALORIES



1166 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup finely-chopped ham cooked finely chopped
- 2 teaspoons dijon mustard
- 2 tablespoons spring onion chopped
- 4 hardboiled eggs chopped
- 0.5 cup mayonnaise
- 1 dash pepper
- 1 dash salt

Equipment

Nutrition Facts

PROTEIN 13% **FAT 85.49%** **CARBS 1.51%**

Properties

Glycemic Index:146, Glycemic Load:0.55, Inflammation Score:-6, Nutrition Score:30.993913043478%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 1165.98kcal (58.3%), Fat: 109.67g (168.72%), Saturated Fat: 20.63g (128.93%), Carbohydrates: 4.35g (1.45%), Net Carbohydrates: 3.59g (1.3%), Sugar: 3.3g (3.67%), Cholesterol: 834.29mg (278.1%), Sodium: 1762.47mg (76.63%), Protein: 37.53g (75.07%), Vitamin K: 208.31µg (198.39%), Selenium: 78.84µg (112.63%), Vitamin B2: 1.2mg (70.48%), Phosphorus: 547.9mg (54.79%), Vitamin B12: 3.15µg (52.52%), Vitamin E: 5.84mg (38.9%), Vitamin B5: 3.52mg (35.22%), Vitamin B1: 0.47mg (31.22%), Vitamin D: 4.62µg (30.83%), Folate: 103.69µg (25.92%), Vitamin A: 1240.09IU (24.8%), Zinc: 3.64mg (24.27%), Vitamin B6: 0.41mg (20.51%), Iron: 3.44mg (19.12%), Vitamin C: 15.46mg (18.74%), Potassium: 482.62mg (13.79%), Calcium: 127.76mg (12.78%), Vitamin B3: 2.26mg (11.28%), Magnesium: 40.36mg (10.09%), Manganese: 0.16mg (8.01%), Copper: 0.13mg (6.52%), Fiber: 0.77g (3.07%)