



Georgia Cracker Salad

 Vegetarian

READY IN



10 min.

SERVINGS



6

CALORIES



403 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 1 hardboiled egg finely chopped
- ☐ 3 green onions finely chopped
- ☐ 1.5 cups mayonnaise
- ☐ 6 servings salt
- ☐ 1 sleeve saltine crackers
- ☐ 1 large tomatoes finely chopped

Equipment

☐ bowl

Directions

- ☐ In a medium size bowl, coarsely crush the crackers with your hands – you should have big cracker pieces.
- ☐ Add the remaining ingredients, mix well, and serve immediately. Season, to taste, with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:0.57, Inflammation Score:-4, Nutrition Score:7.6500000279883%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 403.44kcal (20.17%), Fat: 42.89g (65.99%), Saturated Fat: 6.84g (42.78%), Carbohydrates: 2.47g (0.82%), Net Carbohydrates: 1.91g (0.69%), Sugar: 1.36g (1.51%), Cholesterol: 54.6mg (18.2%), Sodium: 566.92mg (24.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Vitamin K: 106.41µg (101.34%), Vitamin E: 2.13mg (14.17%), Vitamin A: 392.78IU (7.86%), Vitamin C: 5.28mg (6.4%), Selenium: 3.95µg (5.64%), Vitamin B2: 0.07mg (3.92%), Folate: 15.54µg (3.89%), Phosphorus: 36.26mg (3.63%), Manganese: 0.07mg (3.39%), Potassium: 112.28mg (3.21%), Vitamin B12: 0.16µg (2.67%), Vitamin B5: 0.25mg (2.48%), Iron: 0.43mg (2.37%), Fiber: 0.56g (2.24%), Vitamin B6: 0.04mg (2.16%), Vitamin D: 0.3µg (1.97%), Vitamin B1: 0.03mg (1.95%), Copper: 0.04mg (1.84%), Zinc: 0.25mg (1.68%), Calcium: 16.66mg (1.67%), Magnesium: 6.22mg (1.56%), Vitamin B3: 0.25mg (1.25%)