

Green Onion Salad

 Dairy Free

READY IN



18 min.

SERVINGS



6

CALORIES



363 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 bunches spring onion chopped
- 2 hardboiled eggs peeled chopped
- 1 cup mayonnaise
- 4 ounce saltines crushed

Equipment

Directions

Toss together the green onions and hard-cooked eggs until blended. Stir in the mayonnaise. Carefully stir in the crackers until well coated.

Serve immediately so the crackers do not get soggy.

Nutrition Facts

PROTEIN 4.94% **FAT 78.14%** **CARBS 16.92%**

Properties

Glycemic Index:13.67, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:9.0165218581324%

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: 362.54kcal (18.13%), Fat: 31.35g (48.23%), Saturated Fat: 5.23g (32.68%), Carbohydrates: 15.27g (5.09%), Net Carbohydrates: 14.42g (5.25%), Sugar: 0.92g (1.03%), Cholesterol: 77.85mg (25.95%), Sodium: 437.5mg (19.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.93%), Vitamin K: 90.54µg (86.23%), Selenium: 8.01µg (11.44%), Vitamin B2: 0.19mg (11.43%), Vitamin E: 1.68mg (11.2%), Folate: 42.21µg (10.55%), Vitamin B1: 0.15mg (10.27%), Manganese: 0.18mg (9.23%), Iron: 1.51mg (8.37%), Vitamin B3: 1.29mg (6.45%), Phosphorus: 60.22mg (6.02%), Vitamin A: 230.76IU (4.62%), Vitamin B12: 0.25µg (4.11%), Vitamin B5: 0.4mg (3.96%), Fiber: 0.84g (3.36%), Vitamin D: 0.44µg (2.94%), Vitamin C: 2.26mg (2.73%), Zinc: 0.41mg (2.72%), Potassium: 90.31mg (2.58%), Calcium: 23.55mg (2.36%), Vitamin B6: 0.05mg (2.34%), Copper: 0.05mg (2.27%), Magnesium: 8.79mg (2.2%)