



Hummus Egg Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



1

CALORIES



306 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pinch celery seed
- 1 serving salt and ground pepper black to taste
- 3 hardboiled egg whites chopped
- 3 tablespoons water prepared

Equipment

- bowl

Directions

- Mix chopped egg whites, hummus, celery seed, salt, black pepper, and hot pepper sauce in a bowl. Refrigerate for 2 hours to overnight.

Nutrition Facts

PROTEIN 29.45% **FAT 59.82%** **CARBS 10.73%**

Properties

Glycemic Index:55.5, Glycemic Load:0.83, Inflammation Score:-5, Nutrition Score:17.898695505832%

Flavonoids

Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg Luteolin: 7.62mg, Luteolin: 7.62mg, Luteolin: 7.62mg, Luteolin: 7.62mg

Nutrients (% of daily need)

Calories: 306.39kcal (15.32%), Fat: 20.2g (31.08%), Saturated Fat: 5.53g (34.55%), Carbohydrates: 8.16g (2.72%), Net Carbohydrates: 5.5g (2%), Sugar: 1.69g (1.87%), Cholesterol: 559.5mg (186.5%), Sodium: 346.8mg (15.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.38g (44.76%), Selenium: 47.42µg (67.74%), Vitamin B2: 0.8mg (47.03%), Phosphorus: 337.55mg (33.75%), Vitamin B12: 1.66µg (27.75%), Folate: 100.98µg (25.24%), Manganese: 0.45mg (22.6%), Vitamin D: 3.3µg (22%), Vitamin B5: 2.15mg (21.54%), Iron: 3.27mg (18.16%), Zinc: 2.41mg (16.09%), Vitamin A: 793.67IU (15.87%), Vitamin B6: 0.27mg (13.73%), Copper: 0.26mg (12.79%), Magnesium: 49.39mg (12.35%), Vitamin B1: 0.18mg (11.87%), Calcium: 109.07mg (10.91%), Fiber: 2.66g (10.65%), Vitamin E: 1.56mg (10.38%), Potassium: 300.09mg (8.57%), Vitamin B3: 0.37mg (1.86%)