



## Jen's Heavenly Egg Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



21 min.

SERVINGS



4

CALORIES



194 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 teaspoon dijon mustard
- 6 eggs
- 0.3 cup green onions chopped
- 0.5 juice of lemon juiced
- 0.3 cup mayonnaise
- 4 servings salt and pepper to taste
- 0.5 teaspoon mustard yellow prepared

## Equipment

- bowl
- sauce pan

## Directions

- Place egg in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes.
- Remove from hot water, cool and peel. For faster cooling, place the eggs in an ice bath before peeling.
- In a medium bowl, stir together the mayonnaise, Dijon mustard, yellow mustard, lemon juice and green onions. Chop the eggs into big chunks and mix gently with the dressing. Season with salt and pepper.

## Nutrition Facts

**PROTEIN 18.07%** **FAT 79.06%** **CARBS 2.87%**

## Properties

Glycemic Index:36.5, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:8.421739053467%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 193.55kcal (9.68%), Fat: 16.83g (25.9%), Saturated Fat: 3.71g (23.2%), Carbohydrates: 1.37g (0.46%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.59g (0.66%), Cholesterol: 251.4mg (83.8%), Sodium: 398.07mg (17.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.32%), Vitamin K: 35.98µg (34.27%), Selenium: 21.26µg (30.38%), Vitamin B2: 0.31mg (18.3%), Phosphorus: 138.26mg (13.83%), Vitamin B5: 1.05mg (10.51%), Vitamin B12: 0.6µg (10.07%), Folate: 36.6µg (9.15%), Vitamin D: 1.35µg (8.99%), Vitamin A: 429.37IU (8.59%), Vitamin E: 1.2mg (7.99%), Iron: 1.31mg (7.29%), Zinc: 0.91mg (6.07%), Vitamin B6: 0.12mg (6.01%), Calcium: 44.11mg (4.41%), Potassium: 117.85mg (3.37%), Vitamin C: 2.63mg (3.19%), Copper: 0.06mg (2.88%), Magnesium: 10.44mg (2.61%), Vitamin B1: 0.04mg (2.38%), Manganese: 0.04mg (1.91%), Fiber: 0.25g (1.02%)