



Lemon-Dill Chicken Salad-Stuffed Eggs



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 2.3 pounds chicken breast
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 spring onion finely chopped
- ☐ 24 large hardboiled eggs peeled
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup mayonnaise
- ☐ 0.5 teaspoon pepper freshly ground

☐ 1.5 teaspoons salt divided

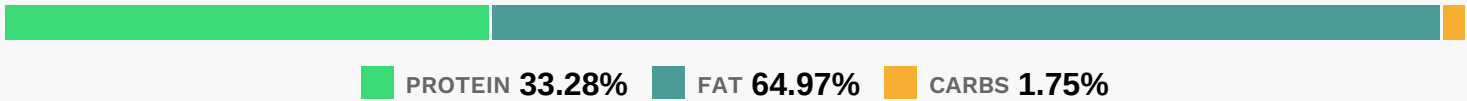
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ Sprinkle chicken evenly with 1 tsp. salt and 1/2 tsp. pepper. Grill, covered with grill lid, over high heat (400 to 500 degrees F) to 8 minutes on each side or until done.
- ☐ Let stand 15 minutes; cover and chill at least 30 minutes.
- ☐ Slice hard-cooked eggs in half lengthwise; carefully remove yolks, keeping egg white halves intact. Reserve yolks for another use.
- ☐ Stir together mayonnaise, next 4 ingredients, and remaining 1/2 tsp. salt in a large bowl.
- ☐ Pulse cooled chicken, in batches, in a food processor 3 to 4 times or until shredded; stir into mayonnaise mixture until blended. Spoon chicken mixture evenly into egg white halves. Cover and chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:5.37, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:7.6643478157728%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 152.17kcal (7.61%), Fat: 10.72g (16.49%), Saturated Fat: 2.37g (14.84%), Carbohydrates: 0.65g (0.22%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.54g (0.6%), Cholesterol: 174.11mg (58.04%), Sodium: 252.98mg (11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.35g (24.7%), Selenium: 23.39µg (33.41%), Vitamin B3: 3.58mg (17.91%), Vitamin K: 16.26µg (15.48%), Vitamin B6: 0.31mg (15.25%), Phosphorus: 142.32mg (14.23%), Vitamin B2: 0.24mg (14.22%), Vitamin B5: 1.06mg (10.6%), Vitamin B12: 0.52µg (8.68%), Vitamin D: 0.93µg (6.19%), Potassium: 182.31mg (5.21%), Folate: 20.27µg (5.07%), Vitamin A: 243.54IU (4.87%), Vitamin E: 0.73mg (4.86%), Zinc: 0.63mg (4.23%), Iron: 0.64mg (3.58%), Vitamin B1: 0.05mg (3.32%), Magnesium: 13.27mg (3.32%), Calcium: 23.37mg (2.34%), Vitamin C: 1.13mg (1.37%), Manganese: 0.02mg (1.12%)