



Light Avocado Egg Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



167 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 avocado pitted peeled
- ☐ 8 eggs
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 0.3 teaspoon paprika
- ☐ 1 teaspoon mustard yellow prepared

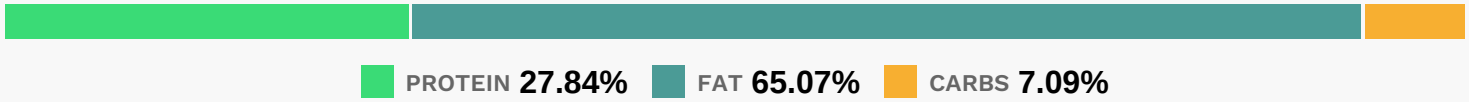
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place eggs in a saucepan and cover with water. Bring to a boil, remove from heat, and let eggs stand in hot water for 15 minutes.
- ☐ Remove eggs from hot water, cool under cold running water, and peel. Chop eggs and transfer to a salad bowl.
- ☐ Mash avocado in a separate bowl using a fork.
- ☐ Mix mashed avocado, yellow mustard, and paprika into eggs until thoroughly combined. Season with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:10.479565185049%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 167.41kcal (8.37%), Fat: 12.12g (18.65%), Saturated Fat: 3.3g (20.6%), Carbohydrates: 2.97g (0.99%), Net Carbohydrates: 1.17g (0.42%), Sugar: 0.52g (0.58%), Cholesterol: 327.36mg (109.12%), Sodium: 140.57mg (6.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.67g (23.34%), Selenium: 27.55µg (39.36%), Vitamin B2: 0.44mg (25.73%), Phosphorus: 189.21mg (18.92%), Vitamin B5: 1.71mg (17.06%), Folate: 61.88µg (15.47%), Vitamin B12: 0.78µg (13.05%), Vitamin D: 1.76µg (11.73%), Vitamin A: 574.88IU (11.5%), Vitamin B6: 0.22mg (10.9%), Vitamin E: 1.49mg (9.91%), Iron: 1.73mg (9.63%), Zinc: 1.31mg (8.74%), Fiber: 1.81g (7.22%), Potassium: 249.35mg (7.12%), Copper: 0.11mg (5.71%), Vitamin K: 5.82µg (5.55%), Calcium: 53.81mg (5.38%), Magnesium: 18.84mg (4.71%), Manganese: 0.08mg (4.01%), Vitamin B1: 0.05mg (3.66%), Vitamin C: 2.52mg (3.05%), Vitamin B3: 0.52mg (2.62%)