



Lightened Up Egg Salad



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



5

CALORIES



220 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

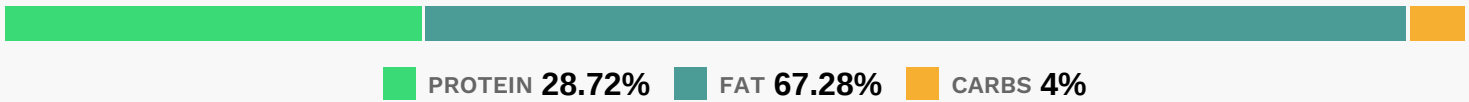
- ☐ 1 large dill pickles diced
- ☐ 6 hardboiled eggs
- ☐ 6 hardboiled eggs
- ☐ 2 tbsp optional: dill fresh minced
- ☐ 1.5 tbsp mayonnaise
- ☐ 5 servings salt and pepper to taste
- ☐ 1.5 tbsp coarse mustard whole

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Lightened Up Egg Salad
- ☐ Ingredients6 hard boiled eggs6 hard boiled egg whites1 1/2 tbsp mayonnaise1 1/2 tbsp whole grain Dijon mustard2 tbsp fresh minced dill1 large dill pickles, diced
- ☐ Salt and pepper to taste
- ☐ Total Time: 1 Hour 15 Minutes
- ☐ Servings: 5–6
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:19.4, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:12.05260867917%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 220.21kcal (11.01%), Fat: 16.1g (24.77%), Saturated Fat: 4.44g (27.73%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 1.69g (0.61%), Sugar: 1.78g (1.97%), Cholesterol: 449.34mg (149.78%), Sodium: 636.64mg (27.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.46g (30.92%), Selenium: 38.59µg (55.12%), Vitamin B2: 0.64mg (37.37%), Vitamin B12: 1.34µg (22.28%), Phosphorus: 216.55mg (21.66%), Vitamin D: 2.65µg (17.66%), Vitamin B5: 1.71mg (17.12%), Folate: 55.72µg (13.93%), Vitamin A: 691.64IU (13.83%), Vitamin K: 11.71µg (11.15%), Vitamin E: 1.42mg (9.47%), Zinc: 1.33mg (8.84%), Iron: 1.58mg (8.79%), Vitamin B6: 0.16mg (7.91%), Calcium: 78.2mg (7.82%), Vitamin B1: 0.1mg (6.73%), Potassium: 190.24mg (5.44%), Magnesium: 16.18mg (4.05%), Manganese: 0.07mg (3.27%), Fiber: 0.47g (1.87%), Copper: 0.03mg (1.36%)