



## Loaded Egg Salad

 **Gluten Free**  **Dairy Free**

READY IN



90 min.

SERVINGS



10

CALORIES



275 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 8 ounces bacon
- 4 stalks celery minced
- 2 teaspoons chile-garlic sauce sriracha® (such as )
- 1.5 teaspoons dill weed dried
- 12 hardboiled eggs
- 1 teaspoon ground pepper black
- 0.5 cup mayonnaise
- 0.5 teaspoon paprika

- 0.3 teaspoon salt
- 1.5 tablespoons relish sweet
- 1 teaspoon worcestershire sauce
- 1.5 tablespoons mustard yellow prepared
- 0.3 cup onion yellow minced

## Equipment

- bowl
- frying pan
- paper towels
- plastic wrap
- potato masher

## Directions

- Place the bacon in a large skillet and cook over medium-high heat, turning occasionally, until crispy, about 10 minutes.
- Drain the bacon slices on paper towels and crumble once cooled.
- Mix bacon, celery, mayonnaise, onion, relish, mustard, chile-garlic sauce, dill, Worcestershire, black pepper, paprika, and salt together in a large bowl; add eggs. Break egg whites and yolks with a potato masher into the bacon mixture. Stir broken egg pieces into the salad.
- Cover bowl with plastic wrap and refrigerate at least 1 hour.

## Nutrition Facts



**PROTEIN 15.95%** **FAT 79.06%** **CARBS 4.99%**

## Properties

Glycemic Index:18.8, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:9.0856521596079%

## Flavonoids

Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin:

0.2mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

## Nutrients (% of daily need)

Calories: 274.66kcal (13.73%), Fat: 23.89g (36.75%), Saturated Fat: 6.31g (39.42%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 2.8g (1.02%), Sugar: 2.05g (2.28%), Cholesterol: 243.47mg (81.16%), Sodium: 467.1mg (20.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.84g (21.68%), Selenium: 24.16µg (34.52%), Vitamin K: 25.47µg (24.26%), Vitamin B2: 0.34mg (20.21%), Phosphorus: 147.76mg (14.78%), Vitamin B12: 0.79µg (13.21%), Vitamin B5: 1.04mg (10.4%), Vitamin A: 488.19IU (9.76%), Vitamin D: 1.43µg (9.55%), Folate: 33.79µg (8.45%), Vitamin B6: 0.16mg (7.88%), Vitamin E: 1.18mg (7.86%), Vitamin B1: 0.11mg (7.62%), Zinc: 0.97mg (6.48%), Iron: 1.07mg (5.96%), Potassium: 188.84mg (5.4%), Vitamin B3: 1.04mg (5.23%), Calcium: 45.3mg (4.53%), Manganese: 0.08mg (4.17%), Magnesium: 13.46mg (3.37%), Fiber: 0.59g (2.37%), Copper: 0.04mg (1.78%), Vitamin C: 0.98mg (1.18%)