

Magical Egg Salad



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



2

CALORIES



332 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pinch cayenne pepper
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 teaspoon dill weed dried
- ☐ 5 eggs
- ☐ 2 servings salt and ground pepper black to taste
- ☐ 3 tablespoons mayonnaise
- ☐ 0.3 teaspoon paprika
- ☐ 1 teaspoon steak sauce

☐ 2 tablespoons relish sweet

Equipment

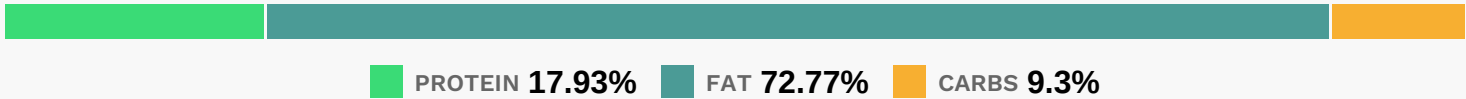
☐ bowl

☐ 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 large bowl.
- ☐ Stir mayonnaise, Dijon mustard, sweet pickle relish, steak sauce, paprika, and dill into eggs until well mixed; season with salt and black pepper. Cover and refrigerate until chilled, if desired.
- ☐ Sprinkle with cayenne pepper before serving.

Nutrition Facts



Properties

Glycemic Index:80.5, Glycemic Load:0.13, Inflammation Score:-5, Nutrition Score:14.358695540739%

Nutrients (% of daily need)

Calories: 332.08kcal (16.6%), Fat: 26.8g (41.23%), Saturated Fat: 5.95g (37.22%), Carbohydrates: 7.71g (2.57%), Net Carbohydrates: 6.73g (2.45%), Sugar: 5.33g (5.93%), Cholesterol: 418.02mg (139.34%), Sodium: 609.66mg (26.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.86g (29.71%), Selenium: 39.39µg (56.28%), Vitamin K: 47.8µg (45.53%), Vitamin B2: 0.53mg (30.98%), Phosphorus: 242.94mg (24.29%), Vitamin A: 958.7IU (19.17%), Vitamin B5: 1.78mg (17.76%), Vitamin B12: 1µg (16.74%), Vitamin D: 2.24µg (14.95%), Vitamin E: 2.1mg (13.97%), Iron: 2.49mg (13.85%), Folate: 54.3µg (13.58%), Vitamin B6: 0.21mg (10.62%), Zinc: 1.59mg (10.61%), Calcium: 76.88mg (7.69%), Manganese: 0.12mg (6.16%), Copper: 0.11mg (5.74%), Magnesium: 22.96mg (5.74%), Potassium: 200.66mg (5.73%), Vitamin B1: 0.08mg (5.12%), Fiber: 0.98g (3.93%), Vitamin B3: 0.25mg (1.27%)