

Pesto Egg Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



318 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings paprika and bibb lettuce (to serve)
- ☐ 0.5 cup flat-leaf parsley fresh italian minced ()
- ☐ 0.5 cup basil fresh minced ()
- ☐ 1 clove garlic minced ()
- ☐ 6 hardboiled eggs chopped fine ()
- ☐ 0.5 cup mayonnaise homemade (preferably)
- ☐ 2 scallions light white green minced (and parts,)
- ☐ 4 servings unrefined sea salt to taste

☐ 1 shallots minced ()

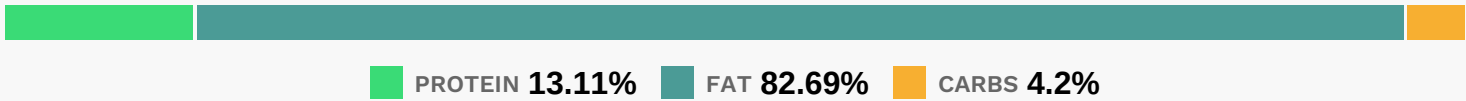
Equipment

☐ mixing bowl

Directions

- ☐ Combine chopped eggs, herbs, garlic, shallot, scallions together in a mixing bowl.Fold homemade mayonnaise into the mixture of eggs and herbs until they’re well-coated.Season gently to taste with unrefined sea salt.
- ☐ Serve over lettuce, seasoned with paprika.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:0.59, Inflammation Score:-7, Nutrition Score:14.46086957662%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 317.71kcal (15.89%), Fat: 29g (44.62%), Saturated Fat: 5.74g (35.88%), Carbohydrates: 3.31g (1.1%), Net Carbohydrates: 2.64g (0.96%), Sugar: 1.72g (1.91%), Cholesterol: 291.51mg (97.17%), Sodium: 470.8mg (20.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.35g (20.7%), Vitamin K: 194.82µg (185.54%), Selenium: 23.98µg (34.26%), Vitamin A: 1291.51IU (25.83%), Vitamin B2: 0.41mg (23.95%), Vitamin C: 12.41mg (15.05%), Phosphorus: 148.36mg (14.84%), Vitamin B12: 0.87µg (14.43%), Folate: 54.56µg (13.64%), Vitamin E: 1.81mg (12.06%), Vitamin B5: 1.16mg (11.62%), Vitamin D: 1.71µg (11.37%), Iron: 1.7mg (9.46%), Vitamin B6: 0.14mg (6.99%), Zinc: 0.99mg (6.62%), Calcium: 63.86mg (6.39%), Manganese: 0.11mg (5.53%), Potassium: 193.36mg (5.52%), Vitamin B1: 0.07mg (4.59%), Magnesium: 16.28mg (4.07%), Fiber: 0.68g (2.71%), Copper: 0.05mg (2.54%), Vitamin B3: 0.23mg (1.13%)