

Santa Fe Egg Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



205 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 serving salt and ground pepper black to taste
- 2 hard-cooked eggs chopped
- 2 ounces curd cottage cheese low-fat
- 2 tablespoons salsa

Equipment

- bowl

Directions

- Stir eggs, cottage cheese, salsa, salt, and black pepper together in a bowl. Cover and refrigerate overnight before serving.

Nutrition Facts

PROTEIN 39.93% **FAT 50.36%** **CARBS 9.71%**

Properties

Glycemic Index:32, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:11.905217378036%

Nutrients (% of daily need)

Calories: 205.35kcal (10.27%), Fat: 11.25g (17.31%), Saturated Fat: 3.64g (22.76%), Carbohydrates: 4.88g (1.63%), Net Carbohydrates: 4.28g (1.56%), Sugar: 3.88g (4.31%), Cholesterol: 375.27mg (125.09%), Sodium: 564.14mg (24.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.08g (40.15%), Selenium: 36.2µg (51.71%), Vitamin B2: 0.62mg (36.29%), Phosphorus: 258.37mg (25.84%), Vitamin B12: 1.47µg (24.45%), Vitamin B5: 1.59mg (15.86%), Vitamin D: 2.2µg (14.67%), Vitamin A: 697.39IU (13.95%), Folate: 52.1µg (13.03%), Vitamin B6: 0.22mg (10.81%), Vitamin E: 1.43mg (9.51%), Calcium: 93.99mg (9.4%), Zinc: 1.33mg (8.87%), Iron: 1.41mg (7.85%), Potassium: 258.65mg (7.39%), Vitamin B1: 0.09mg (5.95%), Magnesium: 17.81mg (4.45%), Manganese: 0.08mg (3.83%), Copper: 0.05mg (2.55%), Vitamin B3: 0.5mg (2.48%), Fiber: 0.6g (2.41%), Vitamin K: 1.86µg (1.78%)