



Simple Egg Salad

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



268 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 hardboiled eggs diced peeled
- 2 Tbsp mayonnaise
- 0.5 tsp dijon mustard
- 0.3 tsp paprika smoked sweet
- 0.3 tsp chives fresh minced
- 1 serving salt and pepper to taste

Equipment

- bowl

Directions

- Combine all ingredients in a small bowl, mixing well to combine.
- Serve between slices of (gluten free!) bread, as filling in a lettuce wrap, or over lettuce as a salad.

Nutrition Facts

PROTEIN 10.12% **FAT 88.18%** **CARBS 1.7%**

Properties

Glycemic Index:142, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:7.5160869565217%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 268.19kcal (13.41%), Fat: 26.1g (40.15%), Saturated Fat: 4.88g (30.5%), Carbohydrates: 1.13g (0.38%), Net Carbohydrates: 0.84g (0.31%), Sugar: 0.81g (0.9%), Cholesterol: 198.09mg (66.03%), Sodium: 458.9mg (19.95%), Protein: 6.74g (13.48%), Vitamin K: 46.11µg (43.91%), Selenium: 16.92µg (24.17%), Vitamin B2: 0.27mg (15.87%), Vitamin A: 536.87IU (10.74%), Vitamin E: 1.58mg (10.5%), Vitamin B12: 0.59µg (9.8%), Phosphorus: 96.21mg (9.62%), Vitamin D: 1.16µg (7.7%), Vitamin B5: 0.77mg (7.67%), Folate: 24.06µg (6.02%), Iron: 0.8mg (4.47%), Zinc: 0.61mg (4.04%), Vitamin B6: 0.08mg (3.77%), Calcium: 30.28mg (3.03%), Vitamin B1: 0.04mg (2.82%), Potassium: 84.45mg (2.41%), Magnesium: 7.48mg (1.87%), Manganese: 0.03mg (1.74%), Fiber: 0.29g (1.15%)