

Simply Egg Salad

 Vegetarian  Gluten Free

READY IN



140 min.

SERVINGS



6

CALORIES



58 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup celery diced
- 1 teaspoon dijon mustard
- 4 eggs
- 0.3 teaspoon ground pepper black
- 2 tablespoons mayonnaise light
- 2 tablespoons nonfat yogurt plain
- 0.3 teaspoon salt

Equipment

- bowl
- sauce pan
- potato masher

Directions

- Place eggs in saucepan and fill with cold water to cover. Bring to a boil over medium high heat. Cover, remove from heat and let stand for 15 to 20 minutes.
- Drain and run under cold water until chilled. Refrigerate for at least 2 hours or up to 7 days.
- Place peeled, hard cooked eggs in a bowl and using a fork or potato masher, mash eggs until finely chopped.
- Stir in yogurt, mayonnaise, Dijon mustard, salt and pepper until smooth.
- Add celery and green onion (if using) and stir to combine.
- Spread over your favourite bread, stuff into pita halves or scoop some onto your favourite salad greens.

Nutrition Facts

PROTEIN 29.22% **FAT 61.13%** **CARBS 9.65%**

Properties

Glycemic Index:16, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:3.4352173850588%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 58.09kcal (2.9%), Fat: 3.88g (5.96%), Saturated Fat: 1.09g (6.82%), Carbohydrates: 1.38g (0.46%), Net Carbohydrates: 1.25g (0.46%), Sugar: 0.86g (0.95%), Cholesterol: 110mg (36.67%), Sodium: 194.82mg (8.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.34%), Selenium: 9.67µg (13.82%), Vitamin B2: 0.15mg (8.99%), Phosphorus: 71.29mg (7.13%), Vitamin B5: 0.51mg (5.09%), Vitamin B12: 0.3µg (5.03%), Folate: 16.36µg (4.09%), Vitamin D: 0.59µg (3.91%), Vitamin K: 3.99µg (3.8%), Vitamin A: 182.08IU (3.64%), Calcium: 32.61mg (3.26%), Iron: 0.56mg (3.09%), Zinc: 0.46mg (3.06%), Vitamin B6: 0.06mg (2.87%), Vitamin E: 0.43mg (2.84%), Potassium: 72.25mg (2.06%), Magnesium: 5.89mg (1.47%), Manganese: 0.03mg (1.38%), Copper: 0.03mg (1.31%), Vitamin B1: 0.02mg (1.19%)