

GLUTEN FREE

Tangy Egg Salad Spread

21 September 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
25 min	25 min	10	\$0.30	131 kcal



Tangy Egg Salad Spread takes roughly 25 minutes from beginning to end. This recipe serves 10. For 30 cents per serving, this recipe covers 5% of your daily requirements of vitamins and minerals. One portion of this dish contains around 5g of protein, 12g of fat, and a total of 131 calories.

Ingredients

- ☐ ½ cup finely chopped celery

☐ ½ teaspoon chopped fresh basil

☐ ¼ teaspoon garlic salt

☐ ¼ teaspoon onion powder

☐ ½ teaspoon salt
- ☐ 8 eggs

☐ ½ teaspoon chopped fresh parsley

☐ ½ cup mayonnaise

☐ ½ teaspoon hot pepper sauce

☐ ¼ cup yellow mustard

EQUIPMENT Bowl, Sauce pan

Method

- 1

Place eggs in a medium saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes.
- 2

Remove from hot water, cool, peel and finely chop.
- 3

In a medium bowl, mix yellow mustard, mayonnaise, basil, parsley, garlic salt, salt, onion powder and hot pepper sauce. Fold in eggs and celery. Chill in the refrigerator until serving.

Nutrition per serving			
	131	5 g	12 g
	KCAL	PROTEIN	FAT
			1 g
			CARBS
Saturated Fat			2.4 g · 15% of daily needs
Fibre			0.4 g · 1% of daily needs
Sugar			0.4 g · 0% of daily needs
Sodium			373 mg · 16% of daily needs
Cholesterol			136 mg · 45% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/tangy-egg-salad-spread-144300