



Tangy Olive-Egg Salad

 Vegetarian

READY IN



10 min.

SERVINGS



3

CALORIES



195 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 hard-cooked eggs coarsely chopped
- 3 Tbsp miracle whip dressing
- 7 pimento-stuffed olives green halved
- 2 tsp grey poupon spicy brown mustard hearty
- 21 woven wheat crackers

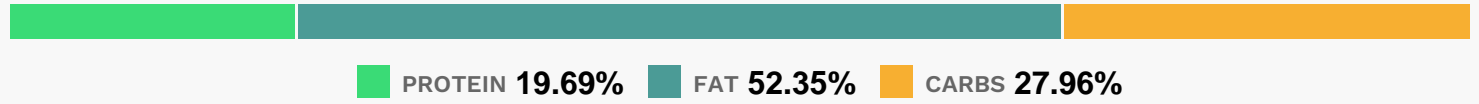
Equipment

- bowl

Directions

- Mix dressing and mustard in medium bowl.
- Add eggs and olives; mix well.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:6.8265217356384%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 194.78kcal (9.74%), Fat: 11.29g (17.36%), Saturated Fat: 2.92g (18.25%), Carbohydrates: 13.56g (4.52%), Net Carbohydrates: 11.91g (4.33%), Sugar: 4.27g (4.74%), Cholesterol: 250.11mg (83.37%), Sodium: 493.49mg (21.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.55g (19.1%), Selenium: 21.75µg (31.07%), Vitamin B2: 0.34mg (20.29%), Vitamin B12: 0.74µg (12.33%), Phosphorus: 119.44mg (11.94%), Vitamin D: 1.47µg (9.78%), Vitamin B5: 0.94mg (9.44%), Vitamin A: 396.75IU (7.94%), Folate: 29.85µg (7.46%), Vitamin E: 1.05mg (7.03%), Iron: 1.24mg (6.88%), Fiber: 1.65g (6.61%), Calcium: 49.65mg (4.96%), Zinc: 0.73mg (4.83%), Vitamin B6: 0.09mg (4.29%), Vitamin B1: 0.05mg (3.48%), Potassium: 100.76mg (2.88%), Magnesium: 9.29mg (2.32%), Manganese: 0.03mg (1.56%), Copper: 0.02mg (1.12%)