



Tarragon Egg Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



344 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 hardboiled eggs peeled chopped
- ☐ 0.3 cup mayonnaise
- ☐ 2 teaspoons dijon mustard
- ☐ 0.5 cup fennel bulb chopped ()
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 cup green onions chopped
- ☐ 0.3 cup tarragon leaves fresh packed chopped
- ☐ 2 teaspoons cider vinegar

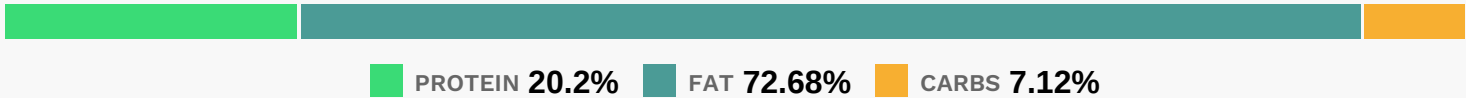
☐ 4 servings salt and pepper to taste

Equipment

Directions

- ☐ Gently combine all of the ingredients.
- ☐ Add salt and pepper to taste.
- ☐ Serve alone, over lettuce, on toast, or on bread for a sandwich.

Nutrition Facts



Properties

Glycemic Index:75.25, Glycemic Load:1.66, Inflammation Score:-7, Nutrition Score:19.983912986258%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 344.35kcal (17.22%), Fat: 27.64g (42.53%), Saturated Fat: 6.36g (39.74%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 4.7g (1.71%), Sugar: 3.05g (3.39%), Cholesterol: 474.09mg (158.03%), Sodium: 505.32mg (21.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.28g (34.57%), Vitamin K: 64.46µg (61.39%), Selenium: 40.09µg (57.27%), Vitamin B2: 0.72mg (42.26%), Vitamin C: 29.1mg (35.27%), Vitamin A: 1520.13IU (30.4%), Phosphorus: 246.7mg (24.67%), Vitamin B12: 1.41µg (23.5%), Folate: 84.35µg (21.09%), Vitamin B5: 1.88mg (18.81%), Vitamin D: 2.79µg (18.58%), Manganese: 0.37mg (18.33%), Iron: 2.95mg (16.37%), Vitamin E: 2.33mg (15.56%), Vitamin B6: 0.3mg (14.91%), Calcium: 117.8mg (11.78%), Potassium: 381.93mg (10.91%), Zinc: 1.6mg (10.66%), Magnesium: 31.66mg (7.92%), Vitamin B1: 0.12mg (7.67%), Fiber: 1.4g (5.59%), Vitamin B3: 0.7mg (3.48%), Copper: 0.06mg (3.21%)