



The Best Egg Salad Ever

 Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



332 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 large eggs
- 2 tablespoons mayonnaise reduced-fat
- 1 serving salt and pepper to taste
- 3 tablespoons seasoning cubes diced
- 2 tablespoons spring onion chopped
- 4 slices cocktail rye bread toasted

Equipment

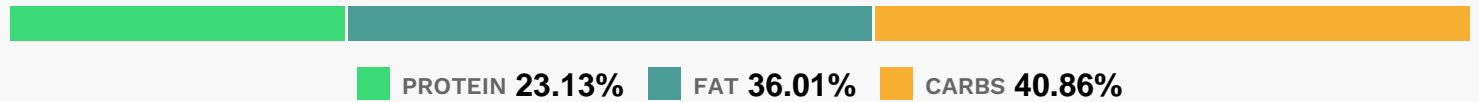
- bowl

sauce pan

Directions

- Place eggs in single layer in 2-quart saucepan. Cover with cold water at least 1-inch above eggs. Cover saucepan; heat to boiling.
- Immediately remove from heat; let stand covered 15 minutes (12 minutes for medium and 18 minutes for extra-large).
- Drain. Immediately place eggs in cold water with ice cubes or run cold water over eggs until completely cooled.
- To peel, gently tap egg on countertop until entire shell is finely crackled.
- Roll gently between hands to loosen shell. Starting at large end, peel egg under cold running water to help remove shell.
- Coarsely chop eggs and place in medium bowl. Stir in mayonnaise, salt and pepper. Stir in ham and onion.
- Spread egg mixture on each of 2 slices toasted bread. Top with remaining bread.

Nutrition Facts



Properties

Glycemic Index:42.17, Glycemic Load:14.33, Inflammation Score:-5, Nutrition Score:16.147826220678%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 332.01kcal (16.6%), Fat: 13.16g (20.24%), Saturated Fat: 3.23g (20.21%), Carbohydrates: 33.58g (11.19%), Net Carbohydrates: 29.71g (10.8%), Sugar: 3.77g (4.19%), Cholesterol: 293.12mg (97.71%), Sodium: 995.19mg (43.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.01g (38.02%), Selenium: 43.2µg (61.72%), Vitamin B2: 0.56mg (33.06%), Manganese: 0.56mg (27.96%), Folate: 110.05µg (27.51%), Phosphorus: 232.82mg (23.28%), Vitamin B1: 0.31mg (20.81%), Vitamin K: 20.93µg (19.93%), Iron: 3.38mg (18.75%), Fiber: 3.87g (15.47%), Vitamin B5: 1.44mg (14.44%), Vitamin B3: 2.52mg (12.61%), Zinc: 1.73mg (11.54%), Vitamin B12: 0.67µg (11.13%), Vitamin D: 1.5µg (10%), Vitamin A: 479.1IU (9.58%), Calcium: 93.94mg (9.39%), Copper: 0.18mg (9.04%), Magnesium: 36.08mg (9.02%), Vitamin B6: 0.18mg (8.97%), Vitamin E: 1.34mg (8.92%), Potassium: 230.66mg (6.59%), Vitamin C: 1.38mg

(1.68%)