



The New Egg Salad

 Gluten Free

READY IN



200 min.

SERVINGS



15

CALORIES



92 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup celery finely chopped
- ☐ 0.8 teaspoon celery salt
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.5 cup greek yogurt
- ☐ 12 hardboiled eggs
- ☐ 1 tablespoon horseradish prepared
- ☐ 1 teaspoon hot sauce

- ☐ 3 tablespoons mayonnaise
- ☐ 0.3 cup sun-dried olives
- ☐ 2 tablespoons onion sweet finely chopped
- ☐ 0.5 cup vegetable stock
- ☐ 1 teaspoon worcestershire sauce

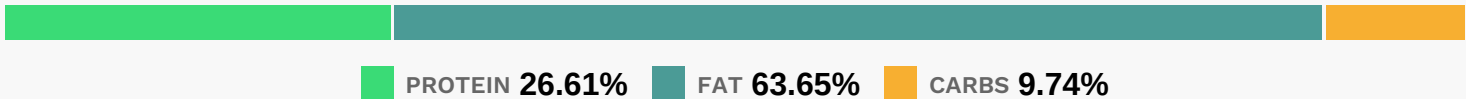
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ box grater

Directions

- ☐ Bring vegetable broth to a boil over medium-high heat. Stir in tomatoes; cover, remove from heat, and let stand 5 minutes.
- ☐ Drain tomatoes, pat dry with paper towels, and chop. Grate eggs using large holes of a box grater; place in a large bowl. Stir in tomatoes, celery, and onion. Stir together yogurt, mayonnaise, parsley, horseradish, hot sauce, Worcestershire sauce, celery salt, and pepper in a bowl until blended. Fold into egg mixture. Chill up to 3 days.

Nutrition Facts



Properties

Glycemic Index:17.07, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:5.1108695631442%

Flavonoids

Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 91.89kcal (4.59%), Fat: 6.43g (9.9%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 2.21g (0.74%), Net Carbohydrates: 1.9g (0.69%), Sugar: 1.65g (1.84%), Cholesterol: 150.71mg (50.24%), Sodium: 237.41mg (10.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.1%), Selenium: 13.19µg (18.84%), Vitamin B2: 0.24mg (13.88%), Vitamin K: 10.42µg (9.92%), Phosphorus: 86.53mg (8.65%), Vitamin B12: 0.49µg (8.23%), Vitamin B5: 0.63mg (6.33%), Vitamin D: 0.89µg (5.9%), Vitamin A: 273.78IU (5.48%), Folate: 21.4µg (5.35%), Iron: 0.71mg (3.93%), Potassium: 137.2mg (3.92%), Zinc: 0.51mg (3.42%), Vitamin E: 0.51mg (3.42%), Calcium: 32.18mg (3.22%), Vitamin B6: 0.06mg (3.17%), Manganese: 0.05mg (2.71%), Vitamin B1: 0.04mg (2.63%), Magnesium: 9.15mg (2.29%), Vitamin C: 1.69mg (2.05%), Copper: 0.04mg (1.83%), Fiber: 0.32g (1.26%), Vitamin B3: 0.22mg (1.12%)