



 **20%**
HEALTH SCORE

World Famous Egg Salad

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



5

CALORIES



688 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup olives black chopped
- 1 tablespoon pepper black to taste (or)
- 1 tablespoon capers chopped
- 1 teaspoon ground pepper
- 2 stalks celery finely chopped
- 1 tablespoon apple cider vinegar
- 1 tablespoon dijon mustard
- 0.5 cup pickle sweet chopped

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- 0.3 cup spring onion fresh finely chopped (can sub green onion tops)
- 0.3 cup bell pepper green finely chopped
- 24 hardboiled eggs coarsely chopped
- 2 tablespoons horseradish prepared
- 1 tablespoon hot sauce
- 1 tablespoon juice of lemon
- 0.8 cup mayonnaise
- 0.3 cup mustard prepared
- 1 teaspoon paprika
- 1 small onion red chopped
- 1 teaspoon salt
- 1 tablespoon sugar
- 1 tablespoon worcestershire sauce

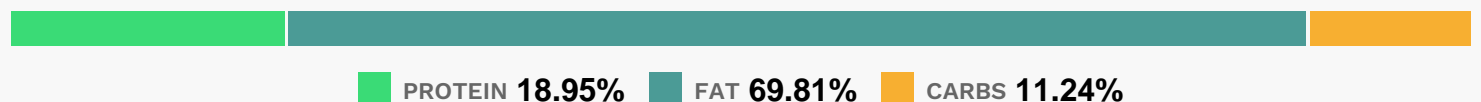
Equipment

- mixing bowl

Directions

- Mix together all ingredients except the eggs in a large mixing bowl and taste for seasoning.
- Add the chopped eggs and serve; how easy was THAT?

Nutrition Facts



Properties

Glycemic Index:87.82, Glycemic Load:2.83, Inflammation Score:-8, Nutrition Score:31.057826363522%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg

Nutrients (% of daily need)

Calories: 687.52kcal (34.38%), Fat: 52.94g (81.44%), Saturated Fat: 12.09g (75.55%), Carbohydrates: 19.18g (6.39%), Net Carbohydrates: 16.16g (5.88%), Sugar: 13.68g (15.2%), Cholesterol: 909.31mg (303.1%), Sodium: 1624.28mg (70.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.33g (64.66%), Selenium: 80.58µg (115.11%), Vitamin K: 89.29µg (85.04%), Vitamin B2: 1.3mg (76.55%), Phosphorus: 465.62mg (46.56%), Vitamin B12: 2.7µg (45.07%), Vitamin A: 2088.27IU (41.77%), Vitamin B5: 3.6mg (35.97%), Vitamin D: 5.35µg (35.65%), Folate: 128.71µg (32.18%), Vitamin E: 4.47mg (29.78%), Iron: 3.97mg (22.05%), Vitamin B6: 0.41mg (20.47%), Vitamin C: 16.75mg (20.3%), Manganese: 0.4mg (20.03%), Zinc: 2.91mg (19.4%), Calcium: 187.19mg (18.72%), Potassium: 556.47mg (15.9%), Vitamin B1: 0.23mg (15.41%), Fiber: 3.01g (12.06%), Magnesium: 47.27mg (11.82%), Copper: 0.13mg (6.59%), Vitamin B3: 0.6mg (3.01%)