



Yummy and Easy Egg Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



91 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 stalk celery chopped
- ☐ 1 tablespoon dijon mustard to taste
- ☐ 1 green onion chopped
- ☐ 3 hardboiled eggs peeled
- ☐ 0.5 teaspoon horseradish prepared to taste
- ☐ 3 tablespoons mayonnaise reduced-fat
- ☐ 0.5 teaspoon paprika
- ☐ 1 tablespoon mustard yellow

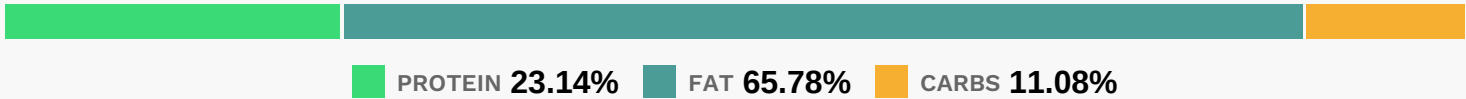
Equipment

☐ bowl

Directions

- ☐ Mash hard-boiled eggs in a salad bowl with a fork. Stir celery and green onion into mashed egg.
- ☐ Mix reduced-fat mayonnaise, Dijon mustard, yellow mustard, and horseradish into egg mixture until thoroughly combined. Adjust amounts of Dijon mustard and horseradish to taste. Stir in paprika. Refrigerate egg salad until chilled.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:5.363478243351%

Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 91.06kcal (4.55%), Fat: 6.62g (10.19%), Saturated Fat: 1.62g (10.11%), Carbohydrates: 2.51g (0.84%), Net Carbohydrates: 1.84g (0.67%), Sugar: 1.18g (1.31%), Cholesterol: 141.55mg (47.18%), Sodium: 227.11mg (9.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.48%), Selenium: 14.46µg (20.66%), Vitamin K: 15.21µg (14.49%), Vitamin B2: 0.21mg (12.27%), Vitamin A: 405.63IU (8.11%), Phosphorus: 78.66mg (7.87%), Vitamin B12: 0.42µg (6.94%), Vitamin B5: 0.59mg (5.87%), Folate: 23.44µg (5.86%), Vitamin D: 0.82µg (5.5%), Vitamin E: 0.76mg (5.06%), Iron: 0.7mg (3.89%), Vitamin B6: 0.07mg (3.29%), Zinc: 0.49mg (3.27%), Calcium: 31.19mg (3.12%), Manganese: 0.06mg (3.08%), Vitamin B1: 0.04mg (2.96%), Potassium: 103.27mg (2.95%), Fiber: 0.67g (2.67%), Magnesium: 9.87mg (2.47%), Vitamin C: 1.06mg (1.29%), Copper: 0.02mg (1.03%)