



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Deviled Egg Salad ♦♦

Deviled Egg Salad is a classic dish made with hard-boiled eggs, mayonnaise, mustard, and various seasonings. It is typically served as a side dish or as a filling for sandwiches. This recipe is a twist on the traditional deviled eggs, combining the flavors of deviled eggs with a creamy salad.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

6 eggs	hard-boiled eggs
4 tbsp	mayonnaise
2 tsp	dijon mustard
2 tbsp	pickle relish
1 tsp	Salt

1 tsp	Pepper
1 tsp	Paprika
2 tbsp	Chives
2 c	lettuce
2 c	Tomatoes

Directions

Step 1

Cut

Peel and chop the hard-boiled eggs.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, combine the chopped eggs, mayonnaise, Dijon mustard, pickle relish, salt, and pepper. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Sprinkling

Sprinkle paprika and chives over the egg salad. Mix gently.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Plating

Serve the deviled egg salad on a bed of lettuce and garnish with tomatoes.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 267 kcal

Fat: 18 g

Protein: 20 g

Carbohydrates: 6 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
Fibers	1 g	2.63%	4%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	18 g	64.29%	72%
Cholesterol	376 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Vitamin A	10 iu	1.11%	1.43%
Vitamin C	5 mg	5.56%	6.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	82 mcg	546.67%	546.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	515 mg	22.39%	22.39%
Calcium	4 mg	0.4%	0.4%
Iron	9 mg	112.5%	50%
Potassium	206 mg	6.06%	7.92%
Zinc	2 mg	18.18%	25%
Selenium	32 mcg	58.18%	58.18%

Recipe Attributes

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Cuisines

Italian

Chinese

Meal Type

Lunch

Snack

Difficulty Level

Medium

Visit our website: healthdor.com