

Health Nut Egg Salad

Dash Magazine - April 2014

www.dashrecipes.com

2 teaspoons whole grain mustard
2 teaspoons white wine vinegar
3 tablespoons extra-virgin olive oil
Kosher salt
freshly ground black pepper
10 hard-boiled egg whites, coarsely chopped
1 cup (about 3) sliced lacinato kale leaves
1/2 cup toasted almonds

In a large bowl, whisk together the mustard and vinegar.

Whisk in the olive oil.

Season with salt and pepper.

Stir in the egg whites, kale leaves and almonds.

Per Serving (excluding unknown items): 778 Calories; 77g Fat (84.6% calories from fat); 14g Protein; 17g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 14 1/2 Fat; 0 Other Carbohydrates.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	778
% Calories from Fat:	84.6%
% Calories from Carbohydrates:	8.3%
% Calories from Protein:	7.1%
Total Fat (g):	77g
Saturated Fat (g):	9g
Monounsaturated Fat (g):	53g
Polyunsaturated Fat (g):	11g
Cholesterol (mg):	0mg
Carbohydrate (g):	17g
Dietary Fiber (g):	8g
Protein (g):	14g
Sodium (mg):	8mg
Potassium (mg):	559mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	46mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	n n%

Food Exchanges

Grain (Starch):	1
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	0

Calcium (mg): 202mg
Iron (mg): 4mg
Zinc (mg): 4mg
Vitamin C (mg): trace
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Non-Fat Milk: 0
Fat: 14 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 778 Calories from Fat: 658

% Daily Values*

Total Fat	77g		118%
Saturated Fat	9g		44%
Cholesterol	0mg		0%
Sodium	8mg		0%
Total Carbohydrates	17g		6%
Dietary Fiber	8g		32%
Protein	14g		
<hr/>			
Vitamin A			0%
Vitamin C			1%
Calcium			20%
Iron			21%

** Percent Daily Values are based on a 2000 calorie diet.*