

Egg Salad

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Yield: 2 cups

1 small shallot, finely minced
1 teaspoon red or white wine vinegar
6 large hard-boiled eggs, peeled and chopped
1 tablespoon fresh tarragon, minced
1 tablespoon chives, finely minced
1 tablespoon flat-leaf parsley, minced
3 tablespoons mayonnaise
sea salt (to taste)
black pepper (to taste)
chopped chives (for garnish)

In a small bowl, combine the shallot and vinegar.
Let stand while prepping other ingredients.

In a bowl, combine the eggs, tarragon, chives, parsley, mayonnaise, salt and pepper.

Stir in the shallot.

Serve garnished with extra chives.

Per Serving (excluding unknown items): 770 Calories; 67g Fat (77.4% calories from fat); 39g Protein; 5g Carbohydrate; trace Dietary Fiber; 1286mg Cholesterol; 608mg Sodium. Exchanges: 5 1/2 Lean Meat; 1/2 Vegetable; 6 Fat.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	770	Vitamin B6 (mg):	.6mg
% Calories from Fat:	77.4%	Vitamin B12 (mcg):	3.4mcg
% Calories from Carbohydrates:	2.7%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	19.9%	Riboflavin B2 (mg):	1.5mg
Total Fat (g):	67g	Folacin (mcg):	142mcg
Saturated Fat (g):	15g	Niacin (mg):	trace
Monounsaturated Fat (g):	22g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	21g	Alcohol (kcal):	0
Cholesterol (mg):	1286mg	% Refused:	0.0%
Carbohydrate (g):	5g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	39g	Lean Meat:	5 1/2

Sodium (mg): 608mg
Potassium (mg): 447mg
Calcium (mg): 169mg
Iron (mg): 4mg
Zinc (mg): 3mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 3192IU
Vitamin A (r.e.): 667RE

Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 6
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 770 **Calories from Fat:** 596

% Daily Values*

Total Fat	67g	103%
Saturated Fat	15g	73%
Cholesterol	1286mg	429%
Sodium	608mg	25%
Total Carbohydrates	5g	2%
Dietary Fiber	trace	0%
Protein	39g	
Vitamin A		64%
Vitamin C		4%
Calcium		17%
Iron		22%

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