AMERICAN · SNACK

Egg Salad with Dijon and Fresh Herbs

25 min · Serves 4 · 218 kcal a serve · Video 5:12 · Downshiftology

Vegetarian · Gluten-free ingredients · No dairy listed · No nuts listed

10 g protein and under 2 g net carbs a serve, rich in selenium, vitamin B12 and vitamin K from the herbs: hard-boiled eggs with red onion, parsley, chives, Dijon and lemon. Paleo with avocado-oil mayo; too salty and too high in saturated fat for a DASH snack.

Diet notes: Keto (1.9 g net carbs a serve); Paleo with a swap: avocado-oil mayonnaise instead of the mayonnaise.

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Ingredients 8 · SERVES 4

- [ ] 6 **eggs**, at room temperature
- [ ] ¼ cup finely diced **red onion**
- [ ] ¼ cup **mayonnaise**
- [ ] 1 tbsp **Dijon mustard**
- [ ] 2 tbsp finely chopped **parsley**
- [ ] 2 tbsp finely chopped **chives**
- [ ] 1 tsp **lemon juice**
- [ ] **Salt**: kosher salt and black pepper, to taste

Allergens found in the listed ingredients: Egg, Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Bring a pot of water to the boil. Turn the heat to low so no big bubbles break the surface, lower the eggs in gently with a slotted spoon, then turn the heat back to high and boil 12 minutes. 0:54
2. Meanwhile fill a bowl with ice water. When the time is up, move the eggs into it to stop the cooking. 1:29
3. While they cool, finely dice the red onion and chop the parsley and chives. 1:45
4. Crack and peel the eggs, starting from the wider end, then chop them as chunky or as fine as you like. 2:10
5. Put the eggs in a bowl with the onion, herbs, Dijon, mayonnaise, lemon juice, salt and pepper and stir until creamy. 2:42

Tip Dijon, not yellow mustard, gives it the tang.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
218 kcal	10 g	2.3 g	0.4 g	18 g	610 mg
910 kJ	20% of a day	1.9 g net · 1.4 g sugars	1% of a day	4.1 g saturated	27% of a day
		1% of a day		24% of a day	

Energy from net carbs 4% · protein 19% · fat 77% — fits keto: 1.9 g net carbs, 77% of the energy from fat

High in (20%+ of a day) Omega-3 64% · Vitamin K 49% · Selenium 45% · Vitamin B12 36%

Source of (10–19%) Vitamin A 14% · Folate 10%

Recipe and video: Downshiftology on YouTube — youtube.com/watch?v=Ii7hyINV3E0. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/downshiftology-egg-salad