

Curry Egg Salad

Ingredients

4 hard boiled eggs
3 tablespoons mayo
1 teaspoon dijon mustard
1 teaspoon curry powder
1 teaspoon granulated stevia
1/8 teaspoon onion powder
1/8 teaspoon garlic powder
salt & pepper to taste

Directions

Chop eggs, mix all together. Add salt & pepper to your personal taste. Refrigerate 1 hour before serving so flavors meld together.

Nutrition Facts

Servings: 4

Amount per serving

Calories **88**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1.9g **9%**

Cholesterol 165mg **55%**

Sodium 94mg **4%**

Total Carbohydrate 0.8g **0%**

Dietary Fiber 0.2g **1%**

Total Sugars 0.4g

Protein 5.7g

Vitamin D 15mcg **77%**

Calcium 27mg **2%**

Iron 1mg **5%**

Potassium 70mg **1%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition.*