AMERICAN · LUNCH

Avocado Egg Salad with Celery and Herbs

20 min · Serves 2 · 391 kcal a serve · Video 3:11 · Inspired Taste

Vegetarian · Gluten-free ingredients · Dairy-free · Nut-free

Eggs and avocado bound with a little mayonnaise: about 15 g protein, 6 g fibre and under 4 g net carbs a serve, and a good source of folate, selenium and vitamin B12.

Diet notes: Keto (3.4 g net carbs a serve).

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Ingredients 8 · SERVES 2

- [ ] 4 large **eggs**
- [ ] 1 large **avocado**
- [ ] 2 tbsp **mayonnaise**
- [ ] 2 tsp **fresh lemon juice**
- [ ] 1 **celery** stalk, finely chopped (about 3 tbsp)
- [ ] 1 tbsp finely chopped **chives**, parsley or dill
- [ ] **salt** to taste
- [ ] **black pepper** to taste

Contains: Egg. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Lay the eggs in one layer in a saucepan and cover with cold water. Bring to a rolling boil over high heat, cover, boil 30 seconds, then take off the heat and leave covered for 12 minutes. 0:36
2. Move the eggs to iced water for 5 minutes, then peel and chop them. 0:51
3. In a bowl, mash the avocado with the mayonnaise and lemon juice until fairly smooth. 0:56
4. Fold in the chopped eggs, celery and herbs, and season with salt and pepper. 1:24

> **Tip** The cook suggests it on salad, in wraps or in sandwiches; for keto, pile it onto salad leaves or into lettuce cups. Plain yoghurt can replace the mayonnaise.

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

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
391 kcal 1,640 kJ	**15** g 29% of a day	**9.5** g 3.4 g net · 2.2 g sugars 3% of a day	**6.1** g 22% of a day	**34** g 6.7 g saturated 43% of a day	**620** mg 27% of a day

Energy from net carbs 4% · protein 16% · fat 80% — fits keto: 3.4 g net carbs, 80% of the energy from fat

High in (20%+ of a day) Omega-3 71% · Selenium 57% · Vitamin B12 48% · Vitamin K 42% · Folate 31% · Vitamin E 22% · Vitamin B6 21%

Source of (10–19%) Vitamin A 19% · Zinc 15% · Vitamin C 14% · Potassium 13% · Vitamin D 11% · Iron 10%

Recipe and video: Inspired Taste (@inspiredtaste) on YouTube — youtube.com/watch?v=IoSMwVyH6hw, published 23 June 2016. 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/avocado-egg-salad-celery-herbs