

# Lightened Up Egg Salad

Yield: 6 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/best-southern-egg-salad-recipe-dill-pickles>

## Ingredients:

- 6 hard boiled eggs
- 6 egg whites hard boiled
- 1 1/2 tablespoons mayonnaise
- 1 1/2 tablespoons whole grain dijon mustard
- 2 tablespoons dill fresh minced
- 1 dill pickles large, diced
- salt and pepper to taste

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 230 milligrams
4. Fat: 8 grams
5. Protein: 12 grams
6. SaturatedFat: 2 grams
7. Sodium: 300 milligrams
8. Sugar: 1 grams

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