

Healthy Egg Salad with Greek Yogurt

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-egg-salad-recipe-with-greek-yogurt>

Ingredients:

- 8 large eggs cooked
- 1/4 cup greek yogurt or plain, 2%+ fat
- 3 tablespoons mayo optional
- 3 tablespoons red onion minced
- 1 tablespoon Dijon mustard
- 2 tablespoons dill or parsley finely chopped
- 1/2 teaspoon smoked paprika or regular
- 1 pinch salt
- ground black pepper to taste

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 430 milligrams
4. Fat: 15 grams
5. Protein: 14 grams
6. SaturatedFat: 4 grams
7. Sodium: 300 milligrams
8. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Healthy Egg Salad with Greek Yogurt above. You can see more 16 healthy egg salad recipe with greek yogurt Savor the mouthwatering goodness! to get more great cooking ideas.