

Avocado Egg Salad

Serves 6

Ingredients:

6 hard-boiled eggs, peeled
2 avocados- peeled, pitted, and cubed
1/2 cup minced red onion
3 tablespoons chopped sweet pickles
1 tablespoon yellow mustard
1/3 cup light mayonnaise
Salt and pepper to taste



Directions:

1. Mash eggs with a fork in a mixing bowl to break up.
2. Add the avocado, onion, pickle, mustard, and mayonnaise. Gently smash the ingredients together until blended. Season with salt and pepper to taste.
3. Serve alone or with cut up vegetables, crackers, bread, or a rice cake.

Nutrition Information per serving (1/2 cup):

Calories: 196, Total Fat: 15 g, Saturated Fat: 3 g, Unsaturated Fat: 12 g, Cholesterol: 169 mg, Sodium: 265 mg, Carbohydrate 10 g, Fiber: 4 g, Sugar: 4 g, Added sugar: 0 g, Protein: 7 g

SOURCE: <https://www.allrecipes.com/recipe/170446/avocado-egg-salad/>
