

# Chipotle-Bacon Egg Salad

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*1 chipotle chile (from a can of chipotle chiles in adobo sauce)*  
*1 teaspoon adobo sauce (from can)*  
*1/3 cup mayonnaise*  
*Kosher salt*  
*8 hard-boiled eggs*  
*1 scallion, sliced*  
*8 strips crisp bacon, finely chopped*

In a large bowl, combine the chile, adobo sauce and mayonnaise.

Season with Kosher salt to taste.

Stir in the eggs. Coarsely mash with a fork.

Stir in the scallion and bacon.

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Per Serving (excluding unknown items): 1145 Calories; 104g Fat (80.4% calories from fat); 51g Protein; 6g Carbohydrate; trace Dietary Fiber; 1721mg Cholesterol; 911mg Sodium. Exchanges: 7 Lean Meat; 0 Vegetable; 9 Fat.

Salads

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	1145	<b>Vitamin B6 (mg):</b>	.9mg
<b>% Calories from Fat:</b>	80.4%	<b>Vitamin B12 (mcg):</b>	4.6mcg
<b>% Calories from Carbohydrates:</b>	1.9%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	17.6%	<b>Riboflavin B2 (mg):</b>	2.0mg
<b>Total Fat (g):</b>	104g	<b>Folacin (mcg):</b>	191mcg
<b>Saturated Fat (g):</b>	22g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	33g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	36g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	1721mg	<b>% Refuse:</b>	n n%
<b>Carbohydrate (g):</b>	6g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	trace	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	51g	<b>Lean Meat:</b>	7
<b>Sodium (mg):</b>	911mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	570mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	224mg	<b>Non-Fat Milk:</b>	0

**Iron (mg):** 5mg  
**Zinc (mg):** 4mg  
**Vitamin C (mg):** 3mg  
**Vitamin A (i.u.):** 2501IU  
**Vitamin A (r.e.):** 718 1/2RE

**Fat:** 9  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 1145                      **Calories from Fat:** 921

### % Daily Values\*

<b>Total Fat</b> 104g	160%
Saturated Fat 22g	108%
<b>Cholesterol</b> 1721mg	574%
<b>Sodium</b> 911mg	38%
<b>Total Carbohydrates</b> 6g	2%
Dietary Fiber trace	2%
<b>Protein</b> 51g	
<b>Vitamin A</b>	50%
<b>Vitamin C</b>	5%
<b>Calcium</b>	22%
<b>Iron</b>	29%

\* Percent Daily Values are based on a 2000 calorie diet.