

Zesty Mediterranean Egg Salad

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3 tablespoons extra-virgin olive oil
2 tablespoons fresh lemon juice
1/2 shallot, minced
2 oil-packed anchovy fillets (optional), minced
1 teaspoon dried oregano
Kosher salt
freshly ground black pepper
8 hard-boiled eggs, finely chopped
8 grape tomatoes, chopped
1/3 cup black olives, chopped
1/4 cup fresh flat-leaf parsley, chopped
1 tablespoon drained capers

In a large bowl, combine the olive oil, lemon juice, shallot, anchovies (if using) and oregano.

Season with salt and pepper to taste.

Toss with the eggs, tomatoes, olives, parsley and capers.

Per Serving (excluding unknown items): 1051 Calories; 88g Fat (75.5% calories from fat); 51g Protein; 13g Carbohydrate; 3g Dietary Fiber; 1696mg Cholesterol; 895mg Sodium. Exchanges: 0 Grain(Starch); 7 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 13 Fat.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	1051
% Calories from Fat:	75.5%
% Calories from Carbohydrates:	4.8%
% Calories from Protein:	19.7%
Total Fat (g):	88g
Saturated Fat (g):	19g
Monounsaturated Fat (g):	50g
Polyunsaturated Fat (g):	10g
Cholesterol (mg):	1696mg
Carbohydrate (g):	13g

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	4.4mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	2.0mg
Folacin (mcg):	209mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Dietary Fiber (g): 3g
 Protein (g): 51g
 Sodium (mg): 895mg
 Potassium (mg): 670mg
 Calcium (mg): 288mg
 Iron (mg): 8mg
 Zinc (mg): 4mg
 Vitamin C (mg): 35mg
 Vitamin A (i.u.): 3934IU
 Vitamin A (r.e.): 841 1/2RE

Grain (Starch): 0
 Lean Meat: 7
 Vegetable: 1/2
 Fruit: 1/2
 Non-Fat Milk: 0
 Fat: 13
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1051 **Calories from Fat:** 793

% Daily Values*

Total Fat	88g	135%
Saturated Fat	19g	96%
Cholesterol	1696mg	565%
Sodium	895mg	37%
Total Carbohydrates	13g	4%
Dietary Fiber	3g	11%
Protein	51g	
Vitamin A		79%
Vitamin C		59%
Calcium		29%
Iron		44%

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