

Egg Salad

Category: Starters:Salads
Master Ref:

Portion: 2 ounces

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
177 kcal	1 gm	8 gm	16 gm	80 %	259 mg	188 mg	0 gm	32 mg

Step	Ingredients	75 Servings Amount	150 Servings Amount	300 Servings Amount
1	Egg,Hard Cooked,Chopped	90 egg	180 egg	360 egg
3	Mayonnaise	1 qt	1/2 gal	1 gal
	Salt	1-1/2 tsp	1 tbsp	2 tbsp
	Pepper,White,Ground	1 tsp	2 tsp	1 tbsp 1 tsp

- 1 Steam eggs until hard cooked (about 15 - 20 minutes).
Cool in cold water immediately.
- 2 Shell eggs. Chop in Buffalo chopper. Pieces should be large enough to identify. **Do NOT chop fine.**
- 3 Combine chopped eggs with mayonnaise, salt and pepper. Mix thoroughly.
Serving Utensil: #16 scoop

