

Simple Egg Salad -Travelling Around the World

Company: Egg Farmers of Ontario
Cook Time: ~15-20 minutes

Serving Size: #12 scoop (1/3 cup/80 ml)
Cook Temperature:

Yield: 25 Portions

Step	Ingredients	Metric Weight	Metric Volume	Imperial Weight	Imperial Volume
SIMPLE EGG SALAD RECIPE					
1	Shell Eggs, Large	25 each	-	25 each	-
2	Mayonnaise	-	375 ml	-	1 ½ cups
2	Salt	6 g	5 ml	0.2 oz	1 tsp
2	Pepper, Black ground	4.6 g	10 ml	0.2 oz	2 tsp
2	Green Onions, diced	35 g	125 ml	1.2 oz	½ cup
MEXICAN EGG SALAD					
<i>ADD to simple egg salad recipe</i>					
3	Red Peppers, fresh, diced small	90 g	125 ml	3.2 oz	½ cup
3	Tex Mex Cheese, shredded	250 g	330 ml	8.8 oz	1 1/3 cup
3	Cumin Powder	4 g	10 ml	0.1 oz	2 tsp
3	Chili Powder	6 g	15 ml	0.2 oz	1 Tbsp
MIDDLE EASTERN EGG SALAD					
<i>ADD to simple egg salad recipe</i>					
3	Hummus	340 g	255 ml	12 oz	1 cup & 1 tsp
3	Garlic Powder	11 g	15 ml	0.4 oz	1 Tbsp
3	Lemon Juice	-	45 ml	-	3 Tbsp
ITALIAN EGG SALAD					
<i>ADD to simple egg salad recipe</i>					
3	Pesto Sauce, prepared	81 g	80 ml	2.8 oz	1/3 cup
EAST INDIAN EGG SALAD					
<i>ADD to simple egg salad recipe</i>					
3	Curry Powder	4 g	10 ml	0.1 oz	2 tsp

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Preparation Steps to Prepare Simple Egg Salad:

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. Place eggs in a saucepan and cover with cold water. Bring to a rolling bowl and turn the heat off. Cover with a lid and let sit for 10 minutes. Drain water from the saucepan and cover eggs in cold water.
2. Chop dice or mash the eggs to meet the desired texture that you prefer and add to a large bowl. Add mayonnaise, salt, black pepper and diced green onions and combine. Chill in refrigerator at <40°F/4°C until ready to use.

CCP-Maintain <40°F/4°C.

If you are wanting an ethnic or global experience as a variation to your simple egg salad recipe, add the additional ingredients to your simple egg salad. Chill in refrigerator at <40°F/4°C until ready to use.

CCP-Maintain <40°F/4°C.

Plating/Garnishing Suggestions:

Serve on your favourite hearty rolls, bread or pita bread and fresh lettuce and sliced tomatoes.

Nutritional Information Per Serving of Simple Egg Salad (1/3 cup/80 ml):

Calories	% of Calories from Protein	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Sugars	Total Dietary Fiber	Sodium	Potassium	Calcium	Iron
170 kcal	16 %	7 g	2 g	15 g	3 g	0 g	215 mg	0 g	0 g	240 mg	0 mg	30 mg	1 mg
Vitamin A	Vitamin C												
107.43 RE	0.29 mg												

Nutritional Information Per Serving of Mexican Egg Salad (1/3 cup/80 ml):

Calories	% of Calories from Protein	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Sugars	Total Dietary Fiber	Sodium	Potassium	Calcium	Iron
200 kcal	18 %	9 g	3 g	18 g	5 g	0 g	225 mg	0 g	0 g	320 mg	20 mg	100 mg	1 mg
Vitamin A	Vitamin C												
107.73 RE	0.28 mg												

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Nutritional Information Per Serving of Middle Eastern Egg Salad (1/3 cup/80 ml):

Calories	% of Calories from Protein	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Sugars	Total Dietary Fiber	Sodium	Potassium	Calcium	Iron
200 kcal	16 %	8 g	6 g	17 g	3 g	0 g	215 mg	1 g	1 g	280 mg	10 mg	40 mg	1.5 mg
Vitamin A	Vitamin C												
107.43 RE	1.48 mg												

Nutritional Information Per Serving of Italian Egg Salad (1/3 cup/80 ml):

Calories	% of Calories from Protein	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Sugars	Total Dietary Fiber	Sodium	Potassium	Calcium	Iron
180 kcal	16 %	7 g	2 g	16 g	3.5 g	0 g	215 mg	0 g	0 g	260 mg	10 mg	40 mg	1 mg
Vitamin A	Vitamin C												
107.41 RE	0.28 mg												

Nutritional Information Per Serving of East Indian Egg Salad (1/3 cup/80 ml):

Calories	% of Calories from Protein	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Sugars	Total Dietary Fiber	Sodium	Potassium	Calcium	Iron
170 kcal	16 %	7 g	2 g	15 g	3 g	0 g	215 mg	0 g	0 g	240 mg	0 mg	30 mg	1 mg
Vitamin A	Vitamin C												
107.41 RE	0.29 mg												