

Recipe Analyzer Results

A single serving of this recipe has 172 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 2

Amount per serving

Calories 172

% Daily Value*

Total Fat 6g	8%
Saturated Fat 1.8g	9%
Cholesterol 190mg	63%
Sodium 242mg	11%
Total Carbohydrate 18g	7%
Dietary Fiber 3.1g	11%
Total Sugars 6g	
Protein 14.1g	
Vitamin D 1mcg	3%
Calcium 272mg	21%
Iron 2mg	10%

Ingredients:

- 2 hard-cooked eggs, peeled
- 15 ml (1 tbsp) each 0% fat plain Greek yogurt and light mayonnaise
- 1 pinch fresh ground pepper
- 1 stalk celery, finely diced
- 60 ml (1/4 cup) finely diced red bell pepper
- 1 green onion, thinly sliced (optional)
- 5 ml (1 tsp) chopped fresh dill or parsley or 1 mL (1/4 tsp) dried dill weed
- 2 leaves leaf lettuce
- 2 slices whole grain bread or dense pumpernickel dark rye bread

Potassium 120mg

3%

Nutrition Facts

Servings: 2

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**