



Bacon, Egg and Cheese Egg Salad

READY IN



20 min.

SERVINGS



4

CALORIES



493 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 large eggs
- 0.5 cup pecorino cheese freshly grated
- 0.3 cup mayonnaise
- 0.5 teaspoon paprika sweet (Hungarian)
- 1 serving salt and pepper with salt and pepper to taste
- 6 slices bacon crumbled cooked
- 8 slices bread

Equipment

- bowl
- sauce pan
- potato masher

Directions

- Place eggs in single layer in 2-quart saucepan. Cover with cold water at least 1-inch above eggs. Cover saucepan; heat to boiling.
- Immediately remove from heat; let stand covered 15 minutes (12 minutes for medium and 18 minutes for extra-large).
- Drain. Immediately place eggs in cold water with ice cubes or run cold water over eggs until completely cooled.
- To peel, gently tap egg on countertop until entire shell is finely crackled.
- Roll gently between hands to loosen shell. Starting at large end, peel egg under cold running water to help remove shell.
- Place eggs in medium bowl. Mash eggs with potato masher until evenly mashed. Stir in cheese, mayonnaise, paprika, salt and pepper. Stir in bacon.
- Spread egg mixture on each of 4 slices bread.(I like 12-grain). Top with remaining bread.

Nutrition Facts

PROTEIN 19.42% **FAT 57.6%** **CARBS 22.98%**

Properties

Glycemic Index:37.67, Glycemic Load:14.47, Inflammation Score:-5, Nutrition Score:19.488695523661%

Nutrients (% of daily need)

Calories: 492.86kcal (24.64%), Fat: 31.24g (48.07%), Saturated Fat: 8.51g (53.17%), Carbohydrates: 28.04g (9.35%), Net Carbohydrates: 25.71g (9.35%), Sugar: 3.71g (4.12%), Cholesterol: 311.72mg (103.91%), Sodium: 890.13mg (38.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.7g (47.4%), Selenium: 47.49µg (67.85%), Phosphorus: 367.01mg (36.7%), Manganese: 0.7mg (34.95%), Vitamin B2: 0.56mg (33.21%), Vitamin K: 33.87µg (32.26%), Calcium: 248.42mg (24.84%), Vitamin B3: 4.48mg (22.41%), Vitamin B1: 0.33mg (22.31%), Folate: 84.78µg (21.2%), Iron: 3.63mg (20.17%), Vitamin B5: 1.83mg (18.34%), Vitamin B12: 0.96µg (16.01%), Zinc: 2.28mg (15.19%), Vitamin B6: 0.27mg (13.57%), Vitamin A: 597.7IU (11.95%), Vitamin E: 1.66mg (11.05%), Vitamin D: 1.65µg (10.99%), Magnesium: 41.44mg (10.36%), Fiber: 2.33g (9.31%), Copper: 0.16mg (7.93%), Potassium: 262.53mg (7.5%)