



Best-Ever Egg Salad Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 slices bacon
- ☐ 0.3 cup celery finely chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 8 large hardboiled eggs peeled coarsely chopped
- ☐ 12 leaf broad-leaf culantro leaves red
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup pimiento stuffed olives green chopped
- ☐ 12 slices sandwich bread white toasted

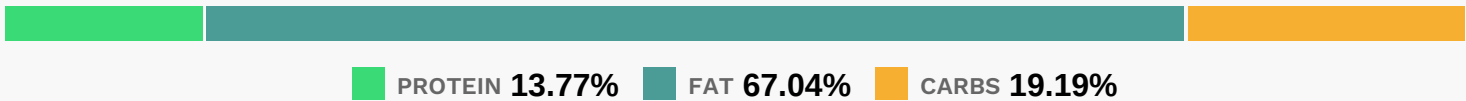
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Sauté bacon in heavy large skillet over medium heat until brown and crisp, about 8 minutes. Using slotted spoon, transfer bacon to paper towels to drain.
- ☐ Cut bacon slices crosswise in half.
- ☐ Combine chopped eggs, celery, and olives in bowl.
- ☐ Mix in 1/4 cup mayonnaise and mustard. Season with salt and pepper.
- ☐ Place toast slices on work surface; spread lightly with remaining mayonnaise. Divide egg salad among 6 toast slices.
- ☐ Place 4 bacon pieces, then 2 lettuce leaves atop egg salad on each. Cover with remaining toast slices, mayonnaise side down.
- ☐ Cut sandwiches diagonally in half.

Nutrition Facts



Properties

Glycemic Index:31.46, Glycemic Load:17.62, Inflammation Score:-5, Nutrition Score:16.719565062419%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 559.47kcal (27.97%), Fat: 41.25g (63.47%), Saturated Fat: 10.75g (67.16%), Carbohydrates: 26.58g (8.86%), Net Carbohydrates: 25.03g (9.1%), Sugar: 3.67g (4.08%), Cholesterol: 285.55mg (95.18%), Sodium: 851.22mg (37.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.06g (38.13%), Selenium: 42.36µg (60.51%), Vitamin K: 35.29µg (33.61%), Vitamin B2: 0.51mg (29.88%), Vitamin B1: 0.43mg (28.61%), Phosphorus: 243.28mg (24.33%), Folate: 88.85µg (22.21%), Vitamin B3: 4.24mg (21.22%), Manganese: 0.34mg (16.99%), Vitamin B12: 0.98µg (16.37%), Iron: 2.8mg (15.53%), Vitamin B5: 1.5mg (15.02%), Calcium: 149.93mg (14.99%), Vitamin B6: 0.25mg (12.74%), Vitamin E: 1.84mg (12.26%), Vitamin A: 574.5IU (11.49%), Zinc: 1.72mg (11.44%), Vitamin D: 1.68µg (11.2%), Potassium: 257.79mg (7.37%), Magnesium: 28.31mg (7.08%), Fiber: 1.55g (6.2%), Copper: 0.1mg (5.19%)