

Creamy Egg Salad Sandwiches

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter softened
- 3 ounces cream cheese softened
- 1 Dash garlic powder
- 6 hardboiled eggs chopped
- 0.5 teaspoon horseradish prepared
- 0.5 teaspoon juice of lemon
- 1 tablespoon mayonnaise
- 1 teaspoon onion finely chopped

- 0.1 teaspoon pepper
- 8 slices cocktail rye bread
- 0.3 teaspoon salt
- 1 teaspoon sugar

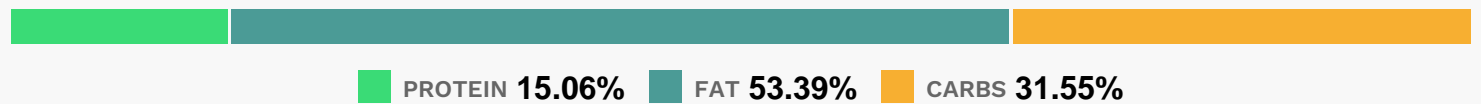
Equipment

- bowl

Directions

- In a large bowl, combine the first 10 ingredients until smooth. Stir in eggs. Chill for 1 hour.
- Spread 1/2 cup onto four slices of bread. Cover with remaining bread.

Nutrition Facts



Properties

Glycemic Index:87.11, Glycemic Load:15.3, Inflammation Score:-6, Nutrition Score:16.216086835965%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 435.14kcal (21.76%), Fat: 25.69g (39.52%), Saturated Fat: 11.16g (69.72%), Carbohydrates: 34.16g (11.39%), Net Carbohydrates: 30.4g (11.06%), Sugar: 5.21g (5.79%), Cholesterol: 317.74mg (105.91%), Sodium: 760.95mg (33.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.3g (32.6%), Selenium: 44.89µg (64.13%), Vitamin B2: 0.65mg (38.34%), Manganese: 0.56mg (27.98%), Folate: 106.3µg (26.57%), Phosphorus: 234.76mg (23.48%), Vitamin B1: 0.33mg (22.23%), Vitamin A: 857.64IU (17.15%), Iron: 2.75mg (15.27%), Fiber: 3.76g (15.04%), Vitamin B12: 0.9µg (14.92%), Vitamin B5: 1.47mg (14.68%), Vitamin B3: 2.51mg (12.53%), Vitamin D: 1.66µg (11.05%), Zinc: 1.64mg (10.96%), Calcium: 107.7mg (10.77%), Vitamin E: 1.45mg (9.64%), Magnesium: 35.57mg (8.89%), Vitamin B6: 0.15mg (7.65%), Vitamin K: 7.75µg (7.38%), Copper: 0.14mg (6.75%), Potassium: 235.28mg (6.72%)