



Dijon Herbed Egg Salad Toasts

 Dairy Free

READY IN



20 min.

SERVINGS



40

CALORIES



49 kcal

Ingredients

- ☐ 2 stalks celery finely chopped
- ☐ 1 tablespoon freshly chives chopped
- ☐ 3 slices bacon crisp cooked cut into shards
- ☐ 2 tablespoons dijon mustard
- ☐ 8 eggs peeled chopped
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon freshly parsley leaves chopped
- ☐ 10 slices cocktail rye bread
- ☐ 40 servings salt and pepper black freshly ground

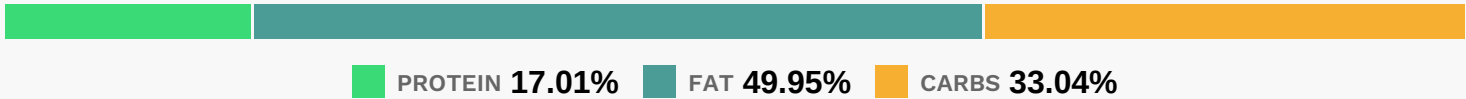
Equipment

☐ bowl

Directions

- ☐ Toast the bread slices and cut each slice into 4 triangular pieces. Set aside.
- ☐ In a large bowl mix all the remaining ingredients until well combined. Season with salt and pepper, to taste.
- ☐ Immediately before serving, arrange the toast triangles on a platter and scoop about 1 tablespoon of egg salad onto each. Top with bacon shards and serve.

Nutrition Facts



Properties

Glycemic Index:6.97, Glycemic Load:1.87, Inflammation Score:-1, Nutrition Score:2.4069565236568%

Flavonoids

Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 49.13kcal (2.46%), Fat: 2.73g (4.19%), Saturated Fat: 0.61g (3.78%), Carbohydrates: 4.06g (1.35%), Net Carbohydrates: 3.44g (1.25%), Sugar: 0.13g (0.14%), Cholesterol: 34.11mg (11.37%), Sodium: 92.04mg (4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Selenium: 5.28µg (7.54%), Manganese: 0.13mg (6.28%), Vitamin K: 5.69µg (5.42%), Vitamin B2: 0.07mg (4.02%), Phosphorus: 35.93mg (3.59%), Folate: 12.69µg (3.17%), Fiber: 0.61g (2.46%), Iron: 0.43mg (2.37%), Vitamin B1: 0.04mg (2.35%), Vitamin B5: 0.19mg (1.86%), Zinc: 0.26mg (1.75%), Copper: 0.03mg (1.66%), Vitamin B3: 0.33mg (1.65%), Magnesium: 6.41mg (1.6%), Vitamin B6: 0.03mg (1.54%), Vitamin B12: 0.09µg (1.45%), Vitamin A: 70.7IU (1.41%), Vitamin E: 0.2mg (1.33%), Calcium: 12.51mg (1.25%), Vitamin D: 0.18µg (1.21%), Potassium: 40.58mg (1.16%)