



Dill & Caper Egg Salad Sandwich

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

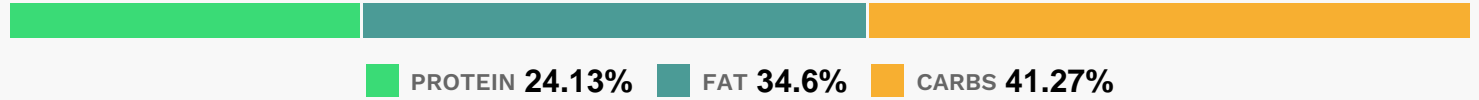
- 2 Tbsp capers drained chopped
- 2 Tbsp optional: dill fresh finely chopped
- 4 hard-cooked eggs chopped
- 4 lettuce leaves
- 3 Tbsp miracle whip dressing
- 4 slices rustic bread whole wheat
- 0.3 cup shallots finely chopped

Equipment

Directions

- Combine first 5 ingredients.
- Top bread slices with lettuce and egg salad.

Nutrition Facts



Properties

Glycemic Index:11.47, Glycemic Load:3.14, Inflammation Score:-5, Nutrition Score:4.9956522454386%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 69.61kcal (3.48%), Fat: 2.67g (4.11%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 7.17g (2.39%), Net Carbohydrates: 6.06g (2.2%), Sugar: 1.78g (1.98%), Cholesterol: 75.03mg (25.01%), Sodium: 164.1mg (7.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.38%), Vitamin A: 827.22IU (16.54%), Manganese: 0.29mg (14.64%), Selenium: 9.2µg (13.14%), Vitamin B2: 0.13mg (7.92%), Phosphorus: 64.94mg (6.49%), Folate: 19.68µg (4.92%), Vitamin B1: 0.07mg (4.7%), Fiber: 1.11g (4.42%), Iron: 0.72mg (4.01%), Vitamin B6: 0.08mg (3.95%), Vitamin B5: 0.37mg (3.74%), Vitamin B12: 0.22µg (3.7%), Calcium: 35.04mg (3.5%), Magnesium: 13.73mg (3.43%), Zinc: 0.46mg (3.04%), Vitamin D: 0.44µg (2.93%), Vitamin B3: 0.57mg (2.86%), Vitamin C: 2.34mg (2.84%), Potassium: 95.21mg (2.72%), Vitamin E: 0.31mg (2.09%), Copper: 0.04mg (1.98%), Vitamin K: 1.4µg (1.34%)