



## Dill & Caper Egg Salad Sandwich

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

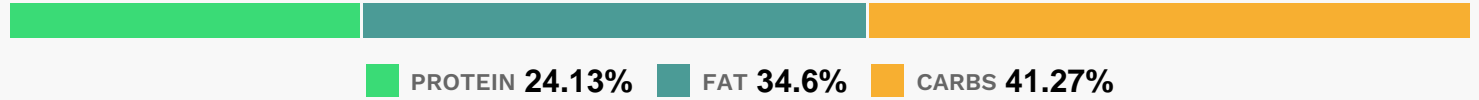
- 2 Tbsp capers drained chopped
- 2 Tbsp optional: dill fresh finely chopped
- 4 hard-cooked eggs chopped
- 4 lettuce leaves
- 3 Tbsp miracle whip dressing
- 4 slices rustic bread whole wheat
- 0.3 cup shallots finely chopped

### Equipment

## Directions

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

## Nutrition Facts



## Properties

Glycemic Index:28.67, Glycemic Load:7.84, Inflammation Score:-8, Nutrition Score:12.489999988805%

## Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 5.67mg, Kaempferol: 5.67mg, Kaempferol: 5.67mg, Kaempferol: 5.67mg Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg

## Nutrients (% of daily need)

Calories: 174.02kcal (8.7%), Fat: 6.68g (10.27%), Saturated Fat: 1.92g (12.02%), Carbohydrates: 17.92g (5.97%), Net Carbohydrates: 15.15g (5.51%), Sugar: 4.45g (4.95%), Cholesterol: 187.58mg (62.53%), Sodium: 410.24mg (17.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.48g (20.95%), Vitamin A: 2068.04IU (41.36%), Manganese: 0.73mg (36.59%), Selenium: 23µg (32.85%), Vitamin B2: 0.34mg (19.79%), Phosphorus: 162.35mg (16.24%), Folate: 49.2µg (12.3%), Vitamin B1: 0.18mg (11.75%), Fiber: 2.76g (11.05%), Iron: 1.8mg (10.03%), Vitamin B6: 0.2mg (9.87%), Vitamin B5: 0.94mg (9.36%), Vitamin B12: 0.56µg (9.25%), Calcium: 87.61mg (8.76%), Magnesium: 34.31mg (8.58%), Zinc: 1.14mg (7.6%), Vitamin D: 1.1µg (7.33%), Vitamin B3: 1.43mg (7.15%), Vitamin C: 5.86mg (7.1%), Potassium: 238.02mg (6.8%), Vitamin E: 0.78mg (5.21%), Copper: 0.1mg (4.96%), Vitamin K: 3.51µg (3.34%)