



HEALTH SCORE

70%

Easy Egg Salad Crostini



Vegetarian



Very Healthy

READY IN



20 min.

SERVINGS



1

CALORIES



3238 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 oz bread baguette french thinly sliced
- ☐ 3 tablespoons butter melted
- ☐ 1 garlic clove pressed
- ☐ 8 large hard-cooked eggs grated
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon sugar

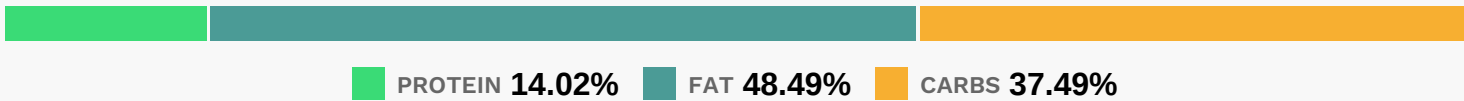
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Arrange baguette slices on a baking sheet. Stir together butter and garlic; brush evenly on tops of baguette slices.
- ☐ Bake at 350 for 10 to 12 minutes.
- ☐ Let stand 20 minutes.
- ☐ Meanwhile, combine hard-cooked eggs and next 4 ingredients in a large bowl. Cover and chill at least 15 minutes or up to 2 days.
- ☐ Spoon egg mixture evenly on toasted baguette slices.

Nutrition Facts



Properties

Glycemic Index:312.59, Glycemic Load:228.91, Inflammation Score:-10, Nutrition Score:70.182173972544%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 3238.38kcal (161.92%), Fat: 174.04g (267.75%), Saturated Fat: 50.77g (317.31%), Carbohydrates: 302.72g (100.91%), Net Carbohydrates: 290.05g (105.47%), Sugar: 33.37g (37.08%), Cholesterol: 1629.34mg (543.11%), Sodium: 5472.54mg (237.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 113.23g (226.46%), Selenium: 288.82µg (412.6%), Vitamin B1: 4.31mg (287.3%), Vitamin B2: 4.51mg (265.48%), Folate: 880.43µg (220.11%), Vitamin K: 191.54µg (182.42%), Manganese: 3.2mg (159.92%), Iron: 27.28mg (151.55%), Vitamin B3: 27.63mg (138.15%), Phosphorus: 1322.32mg (132.23%), Vitamin B5: 7.75mg (77.49%), Vitamin B12: 4.65µg (77.43%), Zinc: 10.35mg (68.97%), Vitamin E: 9.97mg (66.44%), Vitamin A: 3205.39IU (64.11%), Vitamin D: 9.02µg (60.16%), Vitamin B6:

1.14mg (56.98%), Magnesium: 225.02mg (56.25%), Calcium: 521.9mg (52.19%), Fiber: 12.66g (50.65%), Copper:
0.95mg (47.57%), Potassium: 1218.69mg (34.82%), Vitamin C: 0.94mg (1.13%)