



Egg Salad BLTs

READY IN



45 min.

SERVINGS



4

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 large boston lettuce leaves
- ☐ 0.3 cup mayonnaise fat-free
- ☐ 3 tablespoons spring onion thinly sliced
- ☐ 8 large hardboiled eggs
- ☐ 0.3 teaspoon lemon zest grated
- ☐ 3 tablespoons cream sour reduced-fat
- ☐ 4 bacon cooked cut in half crosswise
- ☐ 2 inch tomatoes

- ☐ 1.5 ounce sandwich bread firm toasted
- ☐ 2 teaspoons dijon mustard

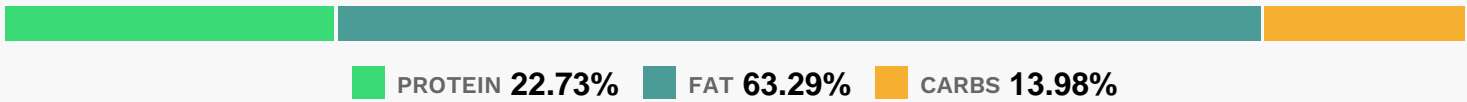
Equipment

- ☐ bowl
- ☐ cutting board

Directions

- ☐ Combine first 6 ingredients in a medium bowl, stirring well.
- ☐ Cut 2 eggs in half lengthwise; reserve 2 yolks for another use. Coarsely chop remaining egg whites and whole eggs.
- ☐ Add eggs to mayonnaise mixture; stir gently to combine.
- ☐ Arrange 4 bread slices on a cutting board or work surface. Top each bread slice with 1/2 cup egg mixture, 2 bacon pieces, 2 tomato slices, 1 lettuce leaf, and 1 bread slice.
- ☐ Serve sandwich immediately.
- ☐ Beer note: A basic guideline of pairing a beverage with food is "like with like," and bread and beer are yeasty kindreds. With an Egg Salad BLT sandwich, reach for a Samuel Adams Pale Ale (\$7). The breadly yeast and malt flavors are balanced with bitter hops that add some welcome snap to the meal. A cold, characterful American pale ale is also a more thirst-quenching choice than wine. --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:52.19, Glycemic Load:3.85, Inflammation Score:-6, Nutrition Score:14.567826146665%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 305.64kcal (15.28%), Fat: 21.2g (32.62%), Saturated Fat: 6.98g (43.6%), Carbohydrates: 10.54g (3.51%), Net Carbohydrates: 9.54g (3.47%), Sugar: 3.52g (3.91%), Cholesterol: 391.97mg (130.66%), Sodium: 470.68mg (20.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.13g (34.27%), Selenium: 38.99µg (55.7%), Vitamin B2: 0.58mg (34.38%), Vitamin K: 29.14µg (27.75%), Phosphorus: 232.83mg (23.28%), Vitamin A: 1113.22IU (22.26%), Vitamin B12: 1.26µg (20.96%), Folate: 71.04µg (17.76%), Vitamin B5: 1.62mg (16.15%), Vitamin D: 2.31µg (15.37%), Vitamin B1: 0.2mg (13.39%), Iron: 1.98mg (11.01%), Vitamin B6: 0.21mg (10.49%), Zinc: 1.52mg (10.16%), Calcium: 98.55mg (9.86%), Manganese: 0.17mg (8.62%), Vitamin E: 1.25mg (8.34%), Vitamin B3: 1.56mg (7.82%), Potassium: 266.56mg (7.62%), Magnesium: 21.34mg (5.33%), Fiber: 1g (4%), Copper: 0.05mg (2.6%), Vitamin C: 1.83mg (2.21%)