



Egg Salad Sandwich

 Vegetarian

READY IN



12 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 large boston lettuce leaves
- ☐ 3 tablespoons green onions thinly sliced
- ☐ 8 large hard-cooked eggs
- ☐ 0.3 teaspoon lemon rind grated
- ☐ 3 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 0.3 cup canola mayonnaise
- ☐ 1.5 ounce sandwich bread firm toasted

☐ 2 teaspoons whole-grain dijon mustard

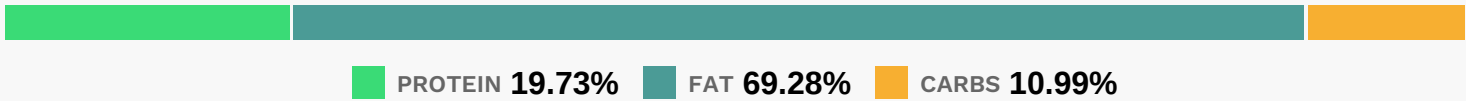
Equipment

- ☐ 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 egg whites and whole eggs.
- ☐ Add eggs to mayonnaise mixture; stir gently to combine.
- ☐ Arrange 4 toast slices on a cutting board or work surface. Top each toast slice with 1 lettuce leaf, 1/2 cup egg mixture, and 1 toast slice.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:55.19, Glycemic Load:3.88, Inflammation Score:-6, Nutrition Score:14.120869553607%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 296.75kcal (14.84%), Fat: 22.55g (34.7%), Saturated Fat: 5.6g (35.01%), Carbohydrates: 8.05g (2.68%), Net Carbohydrates: 7.34g (2.67%), Sugar: 2.08g (2.31%), Cholesterol: 382.03mg (127.34%), Sodium: 300.11mg (13.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.45g (28.9%), Selenium: 34.85µg (49.78%), Vitamin K: 48.29µg (45.99%), Vitamin B2: 0.57mg (33.36%), Vitamin A: 1103.6IU (22.07%), Phosphorus: 203.07mg (20.31%), Vitamin B12: 1.16µg (19.41%), Folate: 71.55µg (17.89%), Vitamin B5: 1.52mg (15.16%), Vitamin D: 2.25µg (14.97%), Vitamin E: 1.6mg (10.69%), Iron: 1.9mg (10.56%), Calcium: 97.58mg (9.76%), Vitamin B1: 0.14mg (9.4%), Zinc: 1.28mg (8.51%), Manganese: 0.17mg (8.31%), Vitamin B6: 0.15mg (7.57%), Potassium: 215.71mg (6.16%), Magnesium: 18.41mg (4.6%), Vitamin B3: 0.67mg (3.35%), Fiber: 0.71g (2.84%), Copper: 0.04mg (2.09%), Vitamin C: 1.65mg (2%)