



Egg Salad Sandwich



Vegetarian



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

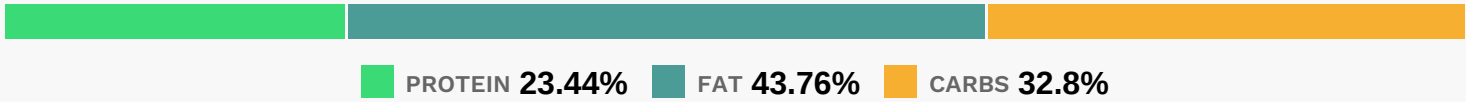
- ☐ 1 eggs boiled
- ☐ 1 serving mayonnaise
- ☐ 1 tablespoon green onion chopped
- ☐ 1 serving salt
- ☐ 1 serving pepper black
- ☐ 1 serving pkt spinach
- ☐ 1 serving multigrain bread

Equipment

Directions

- ☐ Mash up the chopped egg a bit with a fork.
- ☐ Mix together the chopped hard-boiled egg, mayonnaise, and green onion.
- ☐ Sprinkle with salt and pepper and curry powder to taste.
- ☐ Mix with a spoon. Toast your bread slices if making the sandwich with toast. Put a layer of spinach on one slice of bread, spread the egg mixture on top of the lettuce, put another slice of bread on top. The best way to avoid a soggy egg salad sandwich? Make your sandwich by laying a piece of lettuce or spinach over the toast, adding the egg salad, layering another piece of lettuce, and topping with the bread

Nutrition Facts



Properties

Glycemic Index:215.7, Glycemic Load:7.49, Inflammation Score:-4, Nutrition Score:19.026086973107%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 170.31kcal (8.52%), Fat: 8.3g (12.77%), Saturated Fat: 2.07g (12.95%), Carbohydrates: 14g (4.67%), Net Carbohydrates: 11.48g (4.17%), Sugar: 1.69g (1.87%), Cholesterol: 165.36mg (55.12%), Sodium: 432.35mg (18.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10g (20.01%), Vitamin K: 166.32µg (158.4%), Vitamin A: 3114.51IU (62.29%), Manganese: 0.9mg (45.12%), Selenium: 21.17µg (30.24%), Folate: 94.7µg (23.67%), Vitamin B2: 0.31mg (18.24%), Phosphorus: 164.4mg (16.44%), Iron: 2.41mg (13.38%), Magnesium: 51.96mg (12.99%), Vitamin C: 9.56mg (11.59%), Calcium: 105.18mg (10.52%), Vitamin B1: 0.15mg (10.29%), Fiber: 2.52g (10.09%), Vitamin B6: 0.2mg (9.9%), Vitamin E: 1.39mg (9.25%), Potassium: 316.85mg (9.05%), Vitamin B5: 0.9mg (8.99%), Zinc: 1.25mg (8.34%), Vitamin B3: 1.52mg (7.62%), Copper: 0.14mg (7.06%), Vitamin B12: 0.4µg (6.61%), Vitamin D: 0.89µg (5.92%)