



Egg Salad Sandwich¹

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



314 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 slices earth grains® extra fiber bread whole wheat
- ☐ 1 cup carrots grated
- ☐ 1 small cucumber peeled sliced
- ☐ 8 eggs
- ☐ 1 tablespoon mayonnaise fat-free
- ☐ 1 tablespoon optional: dill fresh minced
- ☐ 8 leaves lettuce
- ☐ 2 tablespoons mustard dijon-style prepared

- ☐ 1 teaspoon paprika
- ☐ 0.5 onion red minced
- ☐ 4 servings salt and pepper to taste

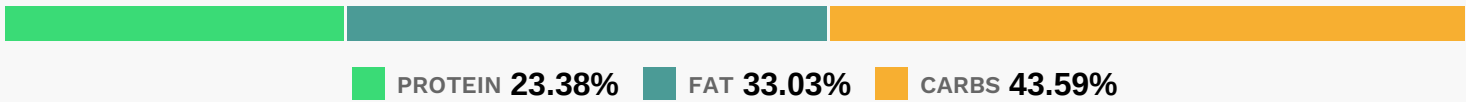
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ wooden spoon

Directions

- ☐ Place eggs in a saucepan with enough cold water to cover, and bring to a boil.
- ☐ Remove saucepan from heat, cover, and let eggs stand in hot water for 10 to 12 minutes.
- ☐ Drain, cool, peel, and chop.
- ☐ In a large bowl, mix the eggs, onion, mayonnaise, and mustard. Season with dill, paprika, salt, and pepper. Mash well with a fork or wooden spoon.
- ☐ Spoon egg salad onto 4 slices of bread. Top with cucumbers, grated carrot, and lettuce, and the remaining slices of bread to make 4 sandwiches.

Nutrition Facts



Properties

Glycemic Index:60.38, Glycemic Load:15.81, Inflammation Score:-10, Nutrition Score:23.159565220708%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 313.85kcal (15.69%), Fat: 11.5g (17.69%), Saturated Fat: 3.22g (20.12%), Carbohydrates: 34.13g (11.38%), Net Carbohydrates: 29.73g (10.81%), Sugar: 7.01g (7.79%), Cholesterol: 327.67mg (109.22%), Sodium: 719.13mg (31.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.31g (36.61%), Vitamin A: 6190.59IU (123.81%), Selenium: 45.89µg (65.56%), Manganese: 0.85mg (42.31%), Vitamin B2: 0.59mg (34.78%), Phosphorus: 283.07mg (28.31%), Folate: 108.74µg (27.19%), Iron: 4.07mg (22.62%), Vitamin B1: 0.33mg (21.83%), Vitamin B5: 2.06mg (20.57%), Vitamin B3: 3.66mg (18.28%), Fiber: 4.4g (17.62%), Vitamin B6: 0.32mg (15.77%), Calcium: 147.82mg (14.78%), Vitamin K: 15.37µg (14.63%), Zinc: 1.98mg (13.21%), Vitamin B12: 0.78µg (13.05%), Magnesium: 49.22mg (12.3%), Potassium: 424.3mg (12.12%), Vitamin D: 1.76µg (11.73%), Copper: 0.21mg (10.41%), Vitamin E: 1.46mg (9.72%), Vitamin C: 4.85mg (5.88%)