



## Egg Salad Sandwiches

 Vegetarian  Dairy Free

READY IN



490 min.

SERVINGS



4

CALORIES



687 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 1 teaspoon dill weed
- 0.3 cup onion flakes dried
- 0.3 teaspoon garlic powder
- 8 hard-cooked eggs diced
- 1 cup mayonnaise
- 1 teaspoon ground mustard
- 0.5 teaspoon salt

8 slices bread white

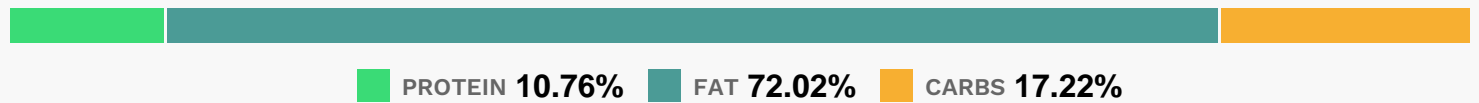
## Equipment

bowl

## Directions

In a bowl, gently mix the eggs, mayonnaise, onion flakes, salt, mustard powder, garlic powder, pepper, and dill. Cover, and refrigerate 8 hours, or overnight. To serve, spread equal amounts on 4 slices bread; top with remaining bread slices to make sandwiches.

## Nutrition Facts



## Properties

Glycemic Index:44.19, Glycemic Load:17.72, Inflammation Score:-5, Nutrition Score:20.45130464305%

## Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 686.5kcal (34.33%), Fat: 54.5g (83.84%), Saturated Fat: 10.24g (64.03%), Carbohydrates: 29.31g (9.77%), Net Carbohydrates: 27.73g (10.08%), Sugar: 5.46g (6.06%), Cholesterol: 396.52mg (132.17%), Sodium: 1009.74mg (43.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.32g (36.64%), Vitamin K: 92.05µg (87.66%), Selenium: 44.96µg (64.22%), Vitamin B2: 0.65mg (38.18%), Folate: 109.07µg (27.27%), Phosphorus: 256mg (25.6%), Vitamin B1: 0.35mg (23.17%), Manganese: 0.41mg (20.28%), Vitamin E: 3.01mg (20.07%), Vitamin B12: 1.18µg (19.62%), Vitamin B5: 1.82mg (18.18%), Iron: 3.11mg (17.3%), Calcium: 171.24mg (17.12%), Vitamin D: 2.31µg (15.41%), Vitamin B3: 2.51mg (12.53%), Vitamin B6: 0.23mg (11.65%), Vitamin A: 560.3IU (11.21%), Zinc: 1.68mg (11.19%), Potassium: 260.3mg (7.44%), Magnesium: 29.51mg (7.38%), Fiber: 1.58g (6.33%), Copper: 0.11mg (5.32%), Vitamin C: 2.68mg (3.25%)