



Egg Salad Sandwiches with Bacon and Sriracha

READY IN



45 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon yogurt plain fat-free
- ☐ 0.3 cup green onions thinly sliced
- ☐ 6 large hard-cooked eggs chopped
- ☐ 0.1 teaspoon kosher salt
- ☐ 2 tablespoons canola mayonnaise
- ☐ 8 slices whole-grain bread

- ☐ 1.5 teaspoons sriracha (such as huy fong) hot
- ☐ 2 slices center-cut bacon

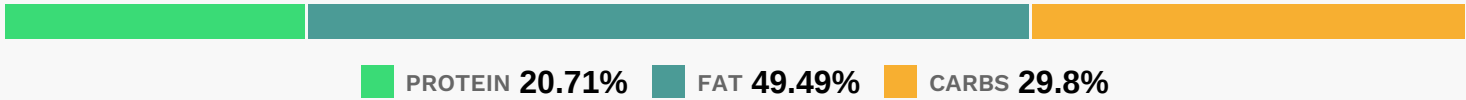
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook bacon in a medium saucepan over medium-high heat 3 minutes or until crisp.
- ☐ Remove bacon from pan; crumble.
- ☐ Place bacon in a large bowl. Stir in onions and next 5 ingredients (through salt). Gently stir in eggs.
- ☐ Arrange 1/2 cup arugula on each of 4 bread slices. Top each serving with 1/3 cup egg mixture and 1 bread slice.

Nutrition Facts



Properties

Glycemic Index:53.92, Glycemic Load:14.71, Inflammation Score:-6, Nutrition Score:19.722608794337%

Flavonoids

Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 360.41kcal (18.02%), Fat: 19.65g (30.23%), Saturated Fat: 5.16g (32.26%), Carbohydrates: 26.62g (8.87%), Net Carbohydrates: 22.85g (8.31%), Sugar: 4.15g (4.61%), Cholesterol: 290.05mg (96.68%), Sodium: 582.49mg (25.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.5g (36.99%), Manganese: 1.28mg (63.97%), Selenium: 40.19µg (57.41%), Vitamin K: 44.4µg (42.29%), Vitamin B2: 0.52mg (30.37%), Phosphorus: 281.53mg (28.15%), Vitamin B1: 0.31mg (20.77%), Folate: 72.61µg (18.15%), Calcium: 162.56mg (16.26%), Vitamin B5: 1.59mg (15.91%), Vitamin B12: 0.93µg (15.44%), Vitamin B3: 3.06mg (15.28%), Fiber: 3.77g (15.09%), Magnesium: 59.62mg

(14.9%), Iron: 2.68mg (14.89%), Vitamin A: 724.15IU (14.48%), Zinc: 2.04mg (13.63%), Vitamin B6: 0.26mg (12.96%), Vitamin D: 1.71µg (11.39%), Vitamin E: 1.44mg (9.62%), Potassium: 334.17mg (9.55%), Copper: 0.16mg (7.98%), Vitamin C: 4.23mg (5.13%)