



Egg Salad Tea Sandwiches



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



560 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

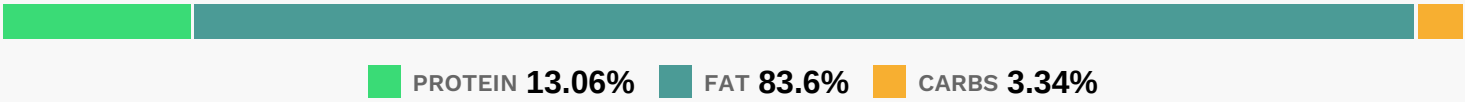
- ☐ 0.5 cup celery diced finely
- ☐ 0.3 cup chives finely chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 8 hardboiled eggs grated peeled
- ☐ 0.7 cup mayonnaise
- ☐ 1 teaspoon pepper freshly ground
- ☐ 2 tablespoons onion red minced
- ☐ 0.5 teaspoon lawry's seasoned salt

Equipment

Directions

- ☐
- Stir together grated eggs, mayonnaise, celery, chives, onion, tarragon, pepper, and seasoned salt.
- ☐
- Spread on: whole grain bread slices.
- ☐
- Spread mayonnaise on an equal number of whole grain bread slices. Sandwich egg salad slices and mayonnaise slices with fresh watercress.

Nutrition Facts



Properties

Glycemic Index:85.33, Glycemic Load:1.16, Inflammation Score:-5, Nutrition Score:19.570434813914%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 559.74kcal (27.99%), Fat: 51.63g (79.43%), Saturated Fat: 10.25g (64.05%), Carbohydrates: 4.64g (1.55%), Net Carbohydrates: 3.84g (1.39%), Sugar: 2.35g (2.61%), Cholesterol: 518.24mg (172.75%), Sodium: 884.42mg (38.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.15g (36.3%), Vitamin K: 94.69µg (90.18%), Selenium: 42.48µg (60.68%), Vitamin B2: 0.74mg (43.6%), Vitamin B12: 1.54µg (25.66%), Phosphorus: 256.05mg (25.6%), Vitamin A: 1048.15IU (20.96%), Vitamin E: 3.07mg (20.45%), Vitamin D: 3.03µg (20.22%), Vitamin B5: 2.02mg (20.19%), Folate: 78.49µg (19.62%), Manganese: 0.35mg (17.42%), Iron: 2.61mg (14.52%), Vitamin B6: 0.25mg (12.43%), Calcium: 111.75mg (11.18%), Zinc: 1.63mg (10.84%), Potassium: 320.73mg (9.16%), Vitamin B1: 0.11mg (7.25%), Magnesium: 27mg (6.75%), Vitamin C: 4.12mg (4.99%), Copper: 0.07mg (3.27%), Fiber: 0.81g (3.23%), Vitamin B3: 0.38mg (1.92%)