



Ham and Egg Salad Sandwiches

READY IN



10 min.

SERVINGS



4

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce un bread french
- 1 teaspoon cajun spice louisiana style (such as Spice Island)
- 0.5 cup celery finely chopped
- 4 ounces deli ham lean cut into 1/4-inch cubes
- 0.3 cup yogurt plain fat-free
- 6 large hard-cooked eggs
- 1 tablespoon mayonnaise light
- 0.1 teaspoon pepper
- 0.1 teaspoon salt

1.3 teaspoons sugar

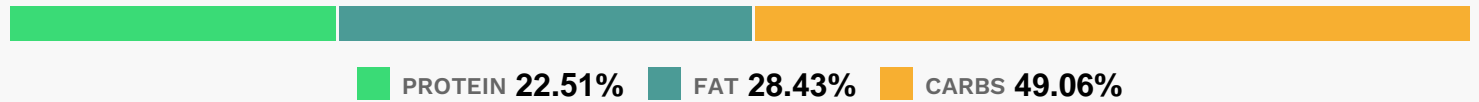
Equipment

bowl

Directions

- Combine first 5 ingredients in a medium bowl; stir well.
- Peel eggs, discarding 3 yolks. Chop egg whites and remaining 3 yolks; stir into yogurt mixture.
- Add ham and celery; stir gently.
- Sprinkle with pepper. Cover and chill 15 minutes or until ready to serve.
- Remove soft bread from center of French bread loaf. Reserve soft bread for another use. Fill center of loaf with salad.
- Cut into four equal sandwiches, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:57.4, Glycemic Load:46.32, Inflammation Score:-7, Nutrition Score:24.976956292339%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 521.49kcal (26.07%), Fat: 16.36g (25.17%), Saturated Fat: 4.91g (30.67%), Carbohydrates: 63.51g (21.17%), Net Carbohydrates: 60.63g (22.05%), Sugar: 9.24g (10.27%), Cholesterol: 298.3mg (99.43%), Sodium: 1239.97mg (53.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.14g (58.29%), Selenium: 62.89µg (89.84%), Vitamin B1: 1.04mg (69.3%), Vitamin B2: 0.99mg (58.42%), Folate: 180.72µg (45.18%), Phosphorus: 346.01mg (34.6%), Vitamin B3: 6.9mg (34.48%), Manganese: 0.65mg (32.41%), Iron: 5.73mg (31.86%), Zinc: 2.86mg (19.09%), Vitamin B12: 1.14µg (18.97%), Vitamin B6: 0.35mg (17.55%), Vitamin B5: 1.73mg (17.34%), Calcium: 145.82mg (14.58%), Vitamin A: 697.18IU (13.94%), Magnesium: 55.51mg (13.88%), Vitamin D: 1.85µg (12.32%), Potassium: 406.5mg (11.61%), Fiber: 2.89g (11.55%), Copper: 0.22mg (10.92%), Vitamin E: 1.37mg (9.13%), Vitamin K: 7.14µg (6.8%)