



Ham and Egg Salad Sandwiches

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup finely-chopped ham fully cooked chopped
- 0.5 cup broccoli florets chopped
- 0.5 cup celery chopped
- 0.5 cup salad dressing
- 1 tablespoon chives fresh chopped
- 2 teaspoons marjoram dried fresh chopped
- 0.3 teaspoon onion salt
- 3 hardboiled eggs chopped

- 1 serving romaine leaves
- 8 slices bread whole wheat

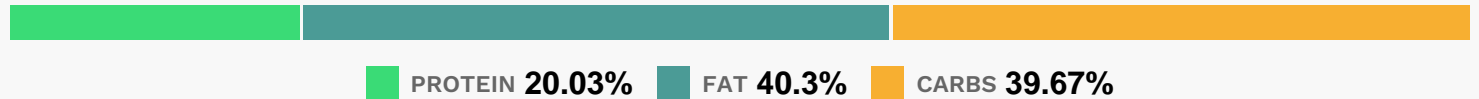
Equipment

- bowl

Directions

- In medium bowl, mix all ingredients except lettuce and bread.
- Place lettuce leaf on 4 of the bread slices. Spoon egg mixture onto lettuce. Top with remaining bread.

Nutrition Facts



Properties

Glycemic Index:44.67, Glycemic Load:14.69, Inflammation Score:-6, Nutrition Score:17.839130235755%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 298.81kcal (14.94%), Fat: 13.31g (20.48%), Saturated Fat: 2.76g (17.26%), Carbohydrates: 29.48g (9.83%), Net Carbohydrates: 25.53g (9.28%), Sugar: 6.5g (7.22%), Cholesterol: 150.19mg (50.06%), Sodium: 914.27mg (39.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.89g (29.77%), Manganese: 1.28mg (64.09%), Selenium: 29.76µg (42.52%), Vitamin K: 38.14µg (36.32%), Phosphorus: 241.74mg (24.17%), Vitamin B1: 0.34mg (22.79%), Vitamin B2: 0.35mg (20.38%), Vitamin C: 15.49mg (18.77%), Vitamin A: 815.73IU (16.31%), Vitamin B3: 3.19mg (15.95%), Fiber: 3.96g (15.83%), Magnesium: 56.35mg (14.09%), Folate: 55.36µg (13.84%), Vitamin B6: 0.26mg (12.91%), Calcium: 129.03mg (12.9%), Iron: 2.29mg (12.74%), Zinc: 1.8mg (11.98%), Vitamin B5: 1.13mg (11.3%), Vitamin B12: 0.62µg (10.26%), Vitamin E: 1.48mg (9.83%), Potassium: 335.04mg (9.57%), Copper: 0.17mg (8.25%), Vitamin D: 0.82µg (5.5%)