



Ham and Egg Tea Sandwiches

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 stalk celery finely chopped
- 0.5 pound deli ham diced thick sliced
- 6 large eggs
- 1 tablespoon optional: dill fresh chopped
- 1 tablespoon parsley fresh chopped
- 4 servings kosher salt and pepper black freshly ground
- 2 tablespoon mayonnaise
- 2 tablespoons mayonnaise

- 1 tablespoon onion finely chopped
- 0.3 teaspoon paprika
- 1 tablespoon relish
- 1 tablespoon spicy brown mustard
- 6 slices bread white
- 6 slices wheat bread

Equipment

- bowl
- sauce pan
- whisk
- stove

Directions

- For the egg salad: Start by hard boiling your eggs. Put your eggs in cold water in a medium saucepan, place on the stove, and bring to a boil. Turn the stove off, cover the saucepan with a lid, and after 15 minutes run them under cold water. Peel the shells from the eggs (reserve 2 whole eggs for Round 2 Recipe Nicoise Salad with Lemon Garlic Vinaigrette) and chop.
- In another bowl, stir together the mayonnaise, paprika, dill, and salt and pepper.
- Add the chopped eggs and gently toss.
- For the ham salad: In a medium bowl, whisk together the mayonnaise, mustard, pickle relish, onion, salt, pepper, and parsley.
- Add the celery and half the ham (reserve remaining half for Online Round 2 Recipe Ham and Cheese Breakfast Burrito) and toss to coat. Set aside.
- Cut off the crusts from the wheat and white bread. On a clean surface, place 1 slice white bread down and top with half the egg salad. Top that with 1 slice wheat bread and spread half the ham salad on top. Top with 1 slice white bread. Slice crosswise into triangles. Repeat, alternating the white and wheat bread as the beginning slice, until you have made 4 sandwiches.

Nutrition Facts



■ PROTEIN **22.43%** ■ FAT **49.26%** ■ CARBS **28.31%**

Properties

Glycemic Index:107.37, Glycemic Load:24.19, Inflammation Score:-6, Nutrition Score:26.054782535719%

Flavonoids

Apigenin: 2.44mg, Apigenin: 2.44mg, Apigenin: 2.44mg, Apigenin: 2.44mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 557.27kcal (27.86%), Fat: 30.14g (46.37%), Saturated Fat: 8.01g (50.08%), Carbohydrates: 38.98g (12.99%), Net Carbohydrates: 35.07g (12.75%), Sugar: 4.53g (5.03%), Cholesterol: 320.03mg (106.68%), Sodium: 1327.28mg (57.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.89g (61.78%), Selenium: 57.1µg (81.56%), Manganese: 1.2mg (59.8%), Vitamin B1: 0.74mg (49.32%), Vitamin K: 46.06µg (43.86%), Phosphorus: 414.06mg (41.41%), Vitamin B2: 0.64mg (37.87%), Vitamin B3: 6.33mg (31.67%), Folate: 103.04µg (25.76%), Iron: 4.41mg (24.48%), Vitamin B6: 0.49mg (24.34%), Zinc: 3.44mg (22.94%), Calcium: 204.12mg (20.41%), Vitamin B5: 1.97mg (19.7%), Vitamin B12: 1.05µg (17.45%), Magnesium: 67.19mg (16.8%), Fiber: 3.91g (15.63%), Potassium: 465.99mg (13.31%), Copper: 0.26mg (12.97%), Vitamin D: 1.92µg (12.83%), Vitamin A: 623.68IU (12.47%), Vitamin E: 1.85mg (12.3%), Vitamin C: 1.96mg (2.38%)