



Just-egg sandwiches

 Vegetarian

READY IN



5 min.

SERVINGS



8

CALORIES



100 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

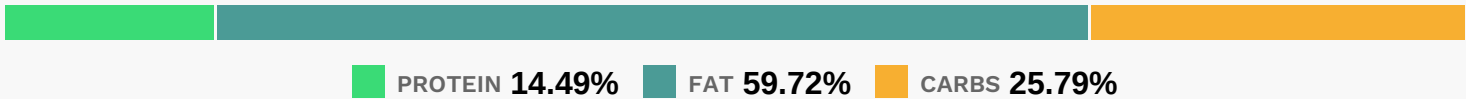
- ☐ 3 hardboiled eggs cooled
- ☐ 1 tbsp mayonnaise
- ☐ 4 slices sandwich bread white
- ☐ 2 tbsp butter softened
- ☐ 8 servings garden peas

Equipment

Directions

- ☐ Peel and finely chop the eggs.
- ☐ Mix with the mayonnaise and some seasoning.
- ☐ Spread the bread with butter and make the sandwiches.
- ☐ Cut into neat fingers and stack on a plate. Scatter with cress so that those who like it can add it.

Nutrition Facts



Properties

Glycemic Index:21.85, Glycemic Load:4.39, Inflammation Score:-2, Nutrition Score:3.7326087044633%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg

Nutrients (% of daily need)

Calories: 100.32kcal (5.02%), Fat: 6.61g (10.18%), Saturated Fat: 2.74g (17.14%), Carbohydrates: 6.43g (2.14%), Net Carbohydrates: 6.13g (2.23%), Sugar: 0.93g (1.04%), Cholesterol: 78.29mg (26.1%), Sodium: 116.8mg (5.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Selenium: 8.76µg (12.51%), Vitamin K: 8.56µg (8.15%), Vitamin B2: 0.13mg (7.67%), Folate: 23.12µg (5.78%), Vitamin A: 256.63IU (5.13%), Vitamin B1: 0.08mg (5.13%), Phosphorus: 48.35mg (4.83%), Manganese: 0.08mg (4.23%), Calcium: 37.55mg (3.76%), Iron: 0.66mg (3.67%), Vitamin B12: 0.22µg (3.6%), Vitamin B5: 0.34mg (3.38%), Vitamin B3: 0.62mg (3.09%), Vitamin D: 0.42µg (2.77%), Vitamin E: 0.37mg (2.44%), Zinc: 0.31mg (2.1%), Vitamin B6: 0.04mg (1.85%), Magnesium: 5.72mg (1.43%), Potassium: 45.51mg (1.3%), Fiber: 0.3g (1.19%)