



Layered Bacon and Egg Salad Sandwich

READY IN



5 min.

SERVINGS



5

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

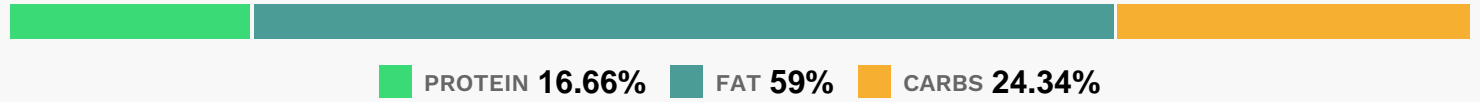
- 3 slices oscar mayer bacon fully cooked cut in half
- 1 hard-cooked egg sliced
- 1 Tbsp miracle whip dressing
- 2 slices multi-grain bread
- 2 tsp claussen pickle relish sweet

Equipment

Directions

- Heat bacon as directed on package.
- Spread 1 of the bread slices with dressing, then relish.
- Top with egg, bacon and remaining bread slice.

Nutrition Facts



Properties

Glycemic Index:13.94, Glycemic Load:2.9, Inflammation Score:-1, Nutrition Score:3.6178260894249%

Nutrients (% of daily need)

Calories: 104.28kcal (5.21%), Fat: 6.79g (10.45%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 6.31g (2.1%), Net Carbohydrates: 5.55g (2.02%), Sugar: 1.52g (1.69%), Cholesterol: 46.3mg (15.43%), Sodium: 191.62mg (8.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.63%), Selenium: 8.62µg (12.32%), Manganese: 0.24mg (12.17%), Phosphorus: 60.39mg (6.04%), Vitamin B1: 0.09mg (5.79%), Vitamin B3: 1.04mg (5.19%), Vitamin B2: 0.08mg (4.78%), Vitamin B6: 0.07mg (3.59%), Zinc: 0.46mg (3.07%), Fiber: 0.75g (3.02%), Vitamin B12: 0.18µg (2.95%), Vitamin B5: 0.29mg (2.9%), Magnesium: 11.31mg (2.83%), Iron: 0.48mg (2.67%), Vitamin K: 2.58µg (2.46%), Calcium: 24.17mg (2.42%), Folate: 9.12µg (2.28%), Potassium: 68.8mg (1.97%), Vitamin D: 0.27µg (1.82%), Copper: 0.03mg (1.69%), Vitamin A: 83.79IU (1.68%), Vitamin E: 0.23mg (1.55%)