



## Open-Face Egg Salad Sandwiches

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup milk
- 1 eggs slightly beaten
- 1 tablespoon ground mustard
- 0.5 teaspoon celery seed
- 8 hardboiled eggs peeled chopped
- 0.3 cup mayonnaise
- 2 tablespoons onion finely chopped
- 2 tablespoons celery finely chopped

- 2 tablespoons bell pepper red finely chopped
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 1 cup lettuce shredded
- 1 cup frangelico

## Equipment

- bowl
- frying pan
- oven
- toothpicks

## Directions

- Heat oven to 350°F. Spray 8-inch square pan with cooking spray. In large bowl, stir all bread ingredients.
- Spread in pan.
- Bake 15 to 17 minutes or until toothpick inserted in center comes out clean (top will not brown). Cool.
- Meanwhile, in medium bowl, stir all egg salad ingredients except lettuce.
- Cut bread into 4 squares; top each with 1/2 cup egg salad and 1/4 cup lettuce. Season with additional salt and pepper, if desired.

## Nutrition Facts



**PROTEIN 21.38%** **FAT 72.1%** **CARBS 6.52%**

## Properties

Glycemic Index:60.75, Glycemic Load:0.89, Inflammation Score:-5, Nutrition Score:14.680000092672%

## Flavonoids

Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Luteolin: 1.98mg, Luteolin: 1.98mg, Luteolin: 1.98mg, Luteolin: 1.98mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg,

Isorhamnetin: 0.25mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg  
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.3mg, Quercetin: 1.3mg,  
Quercetin: 1.3mg, Quercetin: 1.3mg

## **Nutrients (% of daily need)**

Calories: 301.02kcal (15.05%), Fat: 23.86g (36.71%), Saturated Fat: 5.87g (36.69%), Carbohydrates: 4.86g (1.62%),  
Net Carbohydrates: 4.09g (1.49%), Sugar: 3.65g (4.05%), Cholesterol: 423.46mg (141.15%), Sodium: 536.86mg  
(23.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.92g (31.84%), Selenium: 38.83µg (55.47%), Vitamin  
B2: 0.63mg (36.81%), Vitamin K: 29.51µg (28.1%), Phosphorus: 251mg (25.1%), Vitamin B12: 1.39µg (23.16%), Vitamin  
D: 2.78µg (18.56%), Vitamin A: 893.96IU (17.88%), Vitamin B5: 1.77mg (17.69%), Folate: 62.52µg (15.63%), Vitamin E:  
1.83mg (12.21%), Calcium: 111.47mg (11.15%), Iron: 1.82mg (10.14%), Zinc: 1.52mg (10.12%), Vitamin B6: 0.2mg (9.97%),  
Vitamin C: 7.12mg (8.63%), Manganese: 0.16mg (8.2%), Vitamin B1: 0.12mg (7.81%), Potassium: 262.42mg (7.5%),  
Magnesium: 25.89mg (6.47%), Fiber: 0.77g (3.08%), Copper: 0.05mg (2.54%), Vitamin B3: 0.28mg (1.42%)