



Shrimp-Egg Salad Club

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



583 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 rib celery
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 4 large hard-cooked eggs chopped
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 0.7 cup mayonnaise divided
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon lawry's seasoned salt

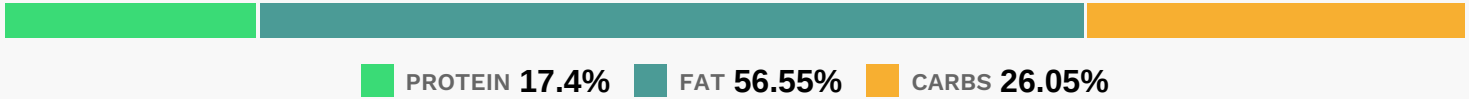
- ☐ 0.7 cup shrimp boiled finely chopped
- ☐ 1 cup firmly spinach fresh packed
- ☐ 1 tablespoon onion sweet minced
- ☐ 12 slices wheat sandwich bread white lightly toasted very thin

Equipment

Directions

- ☐ Stir together 1/3 cup mayonnaise and next 8 ingredients.
- ☐ Spread remaining 1/3 cup mayonnaise evenly over 1 side of each bread slice.
- ☐ Spread 4 bread slices, mayonnaise side up, evenly with half of egg salad. Top evenly with half of spinach and 4 bread slices.
- ☐ Repeat procedure with remaining egg salad, spinach, and bread slices.
- ☐ Cut each sandwich into quarters; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:73.17, Glycemic Load:21.93, Inflammation Score:-8, Nutrition Score:25.966521657032%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 582.7kcal (29.13%), Fat: 36.49g (56.14%), Saturated Fat: 6.67g (41.7%), Carbohydrates: 37.82g (12.61%), Net Carbohydrates: 32.41g (11.78%), Sugar: 4.71g (5.23%), Cholesterol: 265.66mg (88.55%), Sodium: 875.84mg (38.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.27g (50.54%), Vitamin K: 109.7µg (104.47%), Manganese: 1.94mg (96.78%), Selenium: 38.07µg (54.38%), Phosphorus: 362.95mg (36.3%), Vitamin B1: 0.37mg (24.99%), Vitamin B2: 0.42mg (24.85%), Vitamin A: 1153.54IU (23.07%), Magnesium: 91.74mg (22.94%), Fiber: 5.42g

(21.67%), Calcium: 202.19mg (20.22%), Folate: 77.19µg (19.3%), Vitamin B3: 3.84mg (19.21%), Copper: 0.38mg (18.85%), Iron: 3.32mg (18.42%), Zinc: 2.65mg (17.68%), Vitamin E: 2.39mg (15.95%), Vitamin B5: 1.36mg (13.6%), Vitamin B6: 0.27mg (13.53%), Potassium: 443.71mg (12.68%), Vitamin B12: 0.6µg (10%), Vitamin D: 1.17µg (7.83%), Vitamin C: 4.11mg (4.98%)