



Smoked Egg Salad Toasts

 Vegetarian

READY IN



50 min.

SERVINGS



40

CALORIES



29 kcal

Ingredients

- ☐ 2 ounces baby lettuces
- ☐ 2 tablespoons buttermilk
- ☐ 8 large eggs
- ☐ 2 teaspoons hot sauce
- ☐ 0.3 teaspoon kosher salt
- ☐ 3 tablespoons mayonnaise
- ☐ 40 servings pepper freshly ground
- ☐ 1 tablespoon applewood indoor barbecue chips for stove-top smokers
- ☐ 32 inch bread whole wheat

Equipment

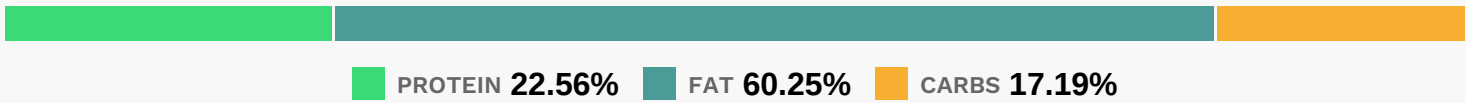
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ sieve
- ☐ aluminum foil
- ☐ broiler
- ☐ stove
- ☐ dutch oven
- ☐ skimmer
- ☐ broiler pan

Directions

- ☐ Bring 4 qt. water to a boil in a Dutch oven over high heat. Reduce heat to low. When water is just simmering, gently lower eggs into water using a skimmer or ladle. Simmer 14 minutes.
- ☐ Drain immediately, and return eggs to pan. Fill pan with cold water and ice.
- ☐ Let stand until cool enough to handle (about 10 minutes).
- ☐ Meanwhile, place wood chips in center of a broiler pan. Wrap broiler rack with heavy-duty aluminum foil, and lightly coat top with cooking spray.
- ☐ Place rack in broiler pan.
- ☐ Remove eggs from ice water. Tap each egg firmly on the counter until cracks form all over the shell. Peel under cold running water.
- ☐ Cut eggs in half lengthwise, and carefully remove yolks.
- ☐ Place yolks in a medium bowl.
- ☐ Place egg whites on rack of broiler pan.
- ☐ Partially cover broiler pan tightly with heavy-duty foil, folding back 1 corner to create a 1/2-inch opening.
- ☐ Place over medium-high heat on stove-top. When you see the first wisp of smoke, cover tightly with foil. Smoke 6 minutes.

- ☐ Remove from heat; let stand 2 minutes.
- ☐ Remove whites from pan; coarsely chop.
- ☐ Press yolks through a fine wire-mesh strainer into a bowl. Stir in mayonnaise and next 3 ingredients until mixture is smooth and resembles cake batter. Fold in egg whites.
- ☐ Toast bread; cut in half diagonally. Top with egg salad.
- ☐ Sprinkle with freshly ground pepper to taste, and top with arugula.
- ☐ Note: We tested with Hellman's Mayonnaise and Whole Foods Market Prairie bread. Purchase indoor smoking chips at kitchen emporium.com.

Nutrition Facts



Properties

Glycemic Index:6.98, Glycemic Load:0.62, Inflammation Score:-1, Nutrition Score:1.6230434606905%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 28.65kcal (1.43%), Fat: 1.9g (2.93%), Saturated Fat: 0.48g (3.03%), Carbohydrates: 1.22g (0.41%), Net Carbohydrates: 1.03g (0.38%), Sugar: 0.2g (0.22%), Cholesterol: 37.72mg (12.57%), Sodium: 52.83mg (2.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.21%), Selenium: 3.66µg (5.22%), Vitamin K: 3.62µg (3.44%), Manganese: 0.06mg (3.23%), Vitamin B2: 0.05mg (3.07%), Phosphorus: 26.17mg (2.62%), Vitamin B5: 0.18mg (1.82%), Vitamin A: 90.49IU (1.81%), Folate: 7.13µg (1.78%), Vitamin B12: 0.09µg (1.56%), Iron: 0.27mg (1.48%), Vitamin D: 0.21µg (1.41%), Calcium: 12.63mg (1.26%), Vitamin B6: 0.02mg (1.2%), Zinc: 0.18mg (1.19%), Vitamin E: 0.16mg (1.06%)