



Sumptuous Egg Salad Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 8 slices firm-textured bread split white english toasted
- ☐ 4 servings cucumbers melted
- ☐ 1.5 tablespoons dijon mustard
- ☐ 1.5 teaspoons tarragon or) dried fresh minced
- ☐ 0.5 teaspoon thyme leaves dried fresh minced
- ☐ 8 large hard-cooked eggs shelled mashed (see notes)
- ☐ 0.5 cup mayonnaise sour (regular or reduced fat) (or equal servings of each)

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 servings pickled onion salad
- ☐ 6 cups baby salad mix rinsed
- ☐ 4 servings salt and pepper

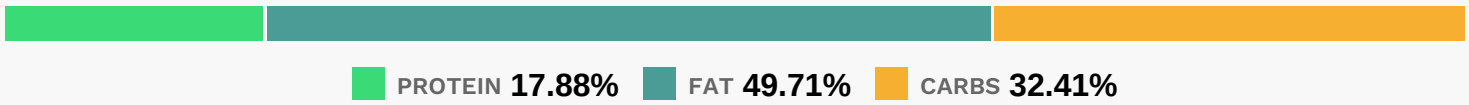
Equipment

- ☐ bowl

Directions

- ☐ In a bowl, mix eggs with enough mayonnaise for desired consistency. Stir in mustard, tarragon, and thyme.
- ☐ Add salt and pepper to taste.
- ☐ Put salad mix in another bowl; mix with olive oil and vinegar, and salt and pepper to taste.
- ☐ Place two slices of bread on each plate.
- ☐ Spread egg salad equally on slices. Top equally with Pickled Onion Salad and Melted Cucumbers. Mound salad mix alongside.

Nutrition Facts



Properties

Glycemic Index:74.42, Glycemic Load:16.36, Inflammation Score:-8, Nutrition Score:22.710869519607%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 471.9kcal (23.6%), Fat: 26.07g (40.11%), Saturated Fat: 7.59g (47.41%), Carbohydrates: 38.24g (12.75%), Net Carbohydrates: 34.73g (12.63%), Sugar: 8.93g (9.92%), Cholesterol: 389.96mg (129.99%), Sodium: 673.74mg (29.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.1g (42.19%), Selenium: 50.45µg (72.08%),

Manganese: 0.95mg (47.75%), Vitamin B2: 0.76mg (44.85%), Folate: 128.68µg (32.17%), Phosphorus: 315.86mg (31.59%), Vitamin A: 1431.02IU (28.62%), Vitamin B1: 0.36mg (23.88%), Iron: 4.2mg (23.31%), Vitamin C: 19.19mg (23.26%), Vitamin B5: 2.11mg (21.14%), Vitamin B12: 1.17µg (19.51%), Vitamin B3: 3.72mg (18.59%), Calcium: 185.08mg (18.51%), Vitamin B6: 0.33mg (16.61%), Vitamin E: 2.28mg (15.23%), Vitamin D: 2.2µg (14.67%), Fiber: 3.51g (14.06%), Magnesium: 54.72mg (13.68%), Zinc: 2.03mg (13.5%), Potassium: 467.44mg (13.36%), Copper: 0.17mg (8.3%), Vitamin K: 8.07µg (7.68%)