



Sweet-Pickle Egg salad Club



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



579 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 rib celery diced
- ☐ 4 large hard-cooked eggs chopped
- ☐ 0.7 cup mayonnaise divided
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 2 tablespoons potato flakes instant
- ☐ 0.3 teaspoon lawry's seasoned salt
- ☐ 1 cup firmly spinach packed
- ☐ 1 tablespoon onion sweet minced

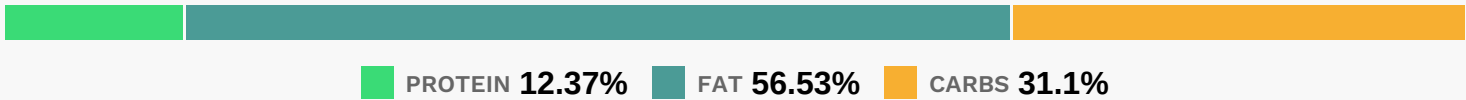
- ☐ 1 tablespoon relish sweet
- ☐ 12 slices wheat sandwich bread white lightly toasted very thin

Equipment

Directions

- ☐ Stir together 1/3 cup mayonnaise and next 7 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:53.92, Glycemic Load:21.89, Inflammation Score:-7, Nutrition Score:25.602608846582%

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 Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 578.96kcal (28.95%), Fat: 36.3g (55.85%), Saturated Fat: 6.64g (41.5%), Carbohydrates: 44.92g (14.97%), Net Carbohydrates: 39.1g (14.22%), Sugar: 5.98g (6.64%), Cholesterol: 202.18mg (67.39%), Sodium: 866.89mg (37.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.87g (35.75%), Vitamin K: 108.06µg (102.91%), Manganese: 1.92mg (96.16%), Selenium: 39.02µg (55.75%), Vitamin B1: 0.45mg (29.69%), Phosphorus: 288.78mg (28.88%), Vitamin B2: 0.43mg (25.16%), Fiber: 5.82g (23.3%), Vitamin B3: 4.29mg (21.43%), Vitamin A: 1039.07IU (20.78%), Magnesium: 81.73mg (20.43%), Folate: 77.84µg (19.46%), Iron: 3.18mg (17.68%), Calcium: 176.24mg (17.62%), Vitamin B6: 0.32mg (15.98%), Vitamin E: 2.37mg (15.82%), Vitamin B5: 1.5mg (15.05%), Zinc: 2.16mg (14.42%), Potassium: 411.41mg (11.75%), Copper: 0.23mg (11.66%), Vitamin C: 8.26mg (10.01%), Vitamin B12: 0.6µg (10%), Vitamin D: 1.17µg (7.83%)