



Tarragon-Caper Egg Salad Sandwiches with Smoked Salmon

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



255 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons capers rinsed drained finely chopped
- ☐ 2 teaspoons tarragon fresh finely chopped
- ☐ 6 large hardboiled eggs peeled
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon shallots finely chopped
- ☐ 0.3 lb salmon smoked sliced
- ☐ 24 inch round rolls split soft seeded

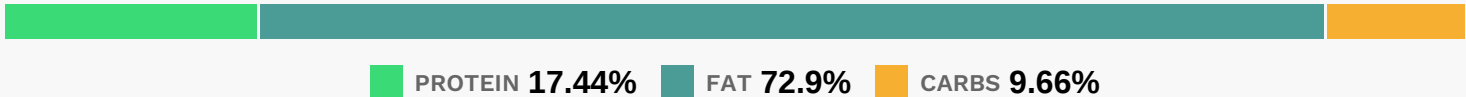
18 watercress sprigs

Equipment

Directions

Mash eggs coarsely with a fork, then stir in shallot, tarragon, capers, mayonnaise, and salt and pepper to taste. Make sandwiches with rolls, egg salad, watercress, and salmon.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:3.61, Inflammation Score:-3, Nutrition Score:10.343043311783%

Flavonoids

Kaempferol: 4.19mg, Kaempferol: 4.19mg, Kaempferol: 4.19mg, Kaempferol: 4.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg

Nutrients (% of daily need)

Calories: 255.45kcal (12.77%), Fat: 20.48g (31.5%), Saturated Fat: 4.01g (25.08%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 5.75g (2.09%), Sugar: 1.43g (1.59%), Cholesterol: 198.69mg (66.23%), Sodium: 446.25mg (19.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.02g (22.04%), Vitamin K: 38.76µg (36.92%), Selenium: 22.06µg (31.52%), Vitamin D: 4.37µg (29.13%), Vitamin B12: 1.19µg (19.89%), Vitamin B2: 0.3mg (17.39%), Iron: 2.6mg (14.47%), Phosphorus: 126.07mg (12.61%), Vitamin E: 1.44mg (9.58%), Vitamin B5: 0.91mg (9.1%), Vitamin A: 416.05IU (8.32%), Vitamin B6: 0.14mg (7.04%), Folate: 26.59µg (6.65%), Vitamin B3: 1.01mg (5.05%), Zinc: 0.66mg (4.37%), Calcium: 42.36mg (4.24%), Manganese: 0.08mg (4.24%), Potassium: 136.47mg (3.9%), Copper: 0.07mg (3.59%), Magnesium: 12.76mg (3.19%), Vitamin B1: 0.05mg (3%), Vitamin C: 1.87mg (2.27%), Fiber: 0.36g (1.42%)