



Tarragon Shallot Egg Salad Sandwiches



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black to taste
- ☐ 8 large eggs
- ☐ 1.5 tablespoons tarragon fresh finely chopped to taste
- ☐ 0.5 cup mayonnaise
- ☐ 3 oz pea shoots shredded
- ☐ 12 slices cocktail rye bread seedless
- ☐ 0.3 teaspoon salt to taste
- ☐ 3 tablespoons shallots finely chopped

☐ 2 teaspoons citrus champagne vinegar

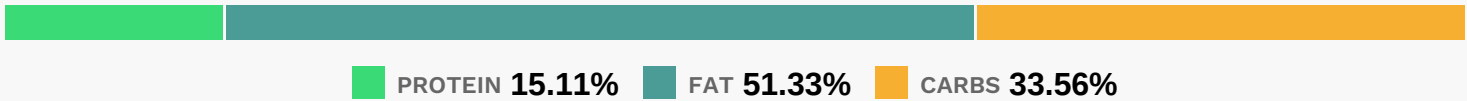
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Cover eggs with cold water by 1 inch in a 2-quart heavy saucepan and bring to a rolling boil, partially covered. Reduce heat to low and cook eggs, covered completely, 30 seconds.
- ☐ Remove pan from heat and let eggs stand in hot water, covered, 15 minutes.
- ☐ Transfer eggs with a slotted spoon to a bowl of ice and cold water and let stand 5 minutes (to cool). Peel eggs and finely chop.
- ☐ Stir together eggs and remaining salad ingredients in a bowl with a fork.
- ☐ Spread some mayonnaise (if using) on bread and make sandwiches with egg salad and pea shoots.
- ☐ • Egg salad can be made 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:39.06, Glycemic Load:15.03, Inflammation Score:-6, Nutrition Score:17.6286956331%

Nutrients (% of daily need)

Calories: 399.87kcal (19.99%), Fat: 22.63g (34.82%), Saturated Fat: 4.72g (29.5%), Carbohydrates: 33.3g (11.1%), Net Carbohydrates: 29.25g (10.64%), Sugar: 3.24g (3.6%), Cholesterol: 255.84mg (85.28%), Sodium: 700.68mg (30.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.99g (29.98%), Selenium: 40.81µg (58.3%), Manganese: 0.71mg (35.65%), Vitamin B2: 0.55mg (32.19%), Vitamin K: 31.57µg (30.07%), Folate: 109.18µg (27.29%), Phosphorus: 224.66mg (22.47%), Vitamin B1: 0.31mg (20.92%), Iron: 3.66mg (20.33%), Fiber: 4.31g (17.22%), Vitamin C: 11.32mg (13.72%), Vitamin B5: 1.35mg (13.51%), Vitamin B3: 2.65mg (13.25%), Zinc: 1.71mg (11.38%), Vitamin B6:

0.22mg (11.12%), Calcium: 107.86mg (10.79%), Magnesium: 41.12mg (10.28%), Vitamin B12: 0.62µg (10.26%), Vitamin E: 1.53mg (10.18%), Vitamin A: 508.46IU (10.17%), Copper: 0.19mg (9.41%), Vitamin D: 1.37µg (9.14%), Potassium: 273.3mg (7.81%)