



Tomato Basil Egg Salad Sandwich



Vegetarian



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 leaves basil thinly sliced
- ☐ 0.5 teaspoon dijon mustard
- ☐ 4 muffins split english toasted
- ☐ 4 servings ground pepper black to taste
- ☐ 8 hardboiled eggs sliced
- ☐ 4 leaves lettuce
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 teaspoon onion powder

- ☐ 0.1 teaspoon salt
- ☐ 1 tomatoes sliced

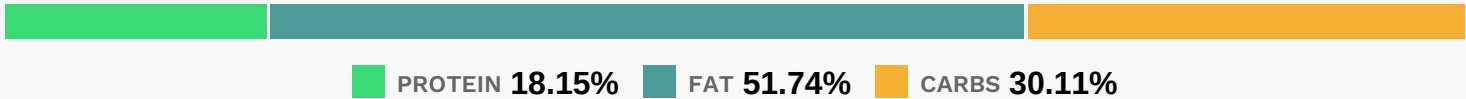
Equipment

- ☐ bowl

Directions

- ☐ Mix eggs, mayonnaise, Dijon mustard, onion powder, salt, and black pepper in a bowl.
- ☐ Fold basil into egg mixture.
- ☐ Arrange tomato slices and lettuce atop toasted English muffins.
- ☐ Spoon egg mixture over vegetables to serve.

Nutrition Facts



Properties

Glycemic Index:82.25, Glycemic Load:18.93, Inflammation Score:-5, Nutrition Score:14.987391471863%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 392.15kcal (19.61%), Fat: 22.21g (34.18%), Saturated Fat: 5.07g (31.67%), Carbohydrates: 29.08g (9.69%), Net Carbohydrates: 26.99g (9.81%), Sugar: 2.19g (2.43%), Cholesterol: 378.88mg (126.29%), Sodium: 559.42mg (24.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.54g (35.07%), Selenium: 31.37µg (44.81%), Vitamin B2: 0.61mg (36.05%), Vitamin K: 32.84µg (31.28%), Phosphorus: 261.67mg (26.17%), Vitamin B12: 1.15µg (19.16%), Folate: 73.71µg (18.43%), Vitamin A: 892.34IU (17.85%), Vitamin B5: 1.72mg (17.18%), Manganese: 0.31mg (15.35%), Vitamin D: 2.23µg (14.85%), Vitamin B1: 0.19mg (12.5%), Vitamin E: 1.68mg (11.22%), Iron: 1.91mg (10.6%), Zinc: 1.55mg (10.37%), Vitamin B6: 0.18mg (8.91%), Calcium: 88.85mg (8.88%), Potassium: 294.83mg (8.42%), Fiber: 2.1g (8.38%), Magnesium: 27.47mg (6.87%), Copper: 0.12mg (5.84%), Vitamin B3: 1.17mg (5.83%), Vitamin C: 4.75mg (5.76%)