



## World's Best Egg Salad Sandwich

 Vegetarian  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 24 leaves baby spinach
- 0.5 teaspoon pepper black
- 8 slices bread
- 0.5 teaspoon garlic powder
- 8 hard-cooked eggs peeled
- 0.5 tablespoon dijon honey mustard
- 1 tablespoon jalapeno minced
- 3 tablespoons mayonnaise

- 1 pinch salt
- 8 slices tomatoes

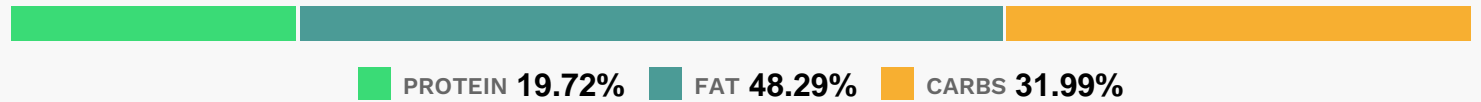
## Equipment

- bowl
- blender

## Directions

- In a medium bowl, mash the hard-cooked eggs with a fork or pastry blender.
- Mix in mayonnaise, honey mustard, and jalapeno. Season with black pepper, garlic powder, and salt.
- Spread egg mixture on four of the bread slices.
- Layer with baby spinach leaves and tomato slices, and top with remaining slices of bread.

## Nutrition Facts



## Properties

Glycemic Index:61.92, Glycemic Load:14.99, Inflammation Score:-8, Nutrition Score:22.26478271899%

## Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

## Nutrients (% of daily need)

Calories: 397.65kcal (19.88%), Fat: 21.16g (32.55%), Saturated Fat: 4.91g (30.7%), Carbohydrates: 31.52g (10.51%), Net Carbohydrates: 28.3g (10.29%), Sugar: 6.37g (7.08%), Cholesterol: 377.41mg (125.8%), Sodium: 482.45mg (20.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.44g (38.88%), Selenium: 47.35µg (67.64%), Vitamin K: 54.51µg (51.91%), Manganese: 0.85mg (42.44%), Vitamin B2: 0.68mg (40.08%), Vitamin A: 1582.18IU (31.64%), Folate: 113.1µg (28.27%), Phosphorus: 265.27mg (26.53%), Vitamin B1: 0.33mg (21.68%), Iron: 3.59mg (19.95%), Vitamin B5: 1.95mg (19.45%), Vitamin B12: 1.12µg (18.71%), Vitamin B3: 3.61mg (18.06%), Vitamin C: 13.65mg (16.54%), Vitamin D: 2.22µg (14.81%), Vitamin E: 2.03mg (13.56%), Calcium: 134.04mg (13.4%), Vitamin B6: 0.26mg (13.08%), Fiber: 3.22g (12.89%), Zinc: 1.79mg (11.94%), Magnesium: 45.02mg (11.26%), Potassium: 385.62mg (11.02%),

Copper: 0.14mg (7.23%)