



Zippy Bacon-Egg Salad Sandwiches

 Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



695 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

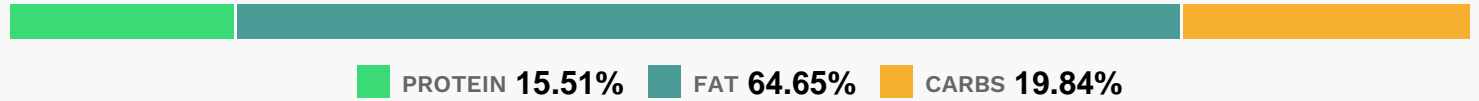
- 6 slices oscar mayer bacon fully cooked
- 4 hard-cooked eggs chopped
- 1 Tbsp horseradish kraft
- 2 Tbsp real mayo mayonnaise kraft
- 1 dash pepper black
- 3 radishes chopped
- 4 slices marble rye bread

Equipment

Directions

- Mix eggs, radishes, mayo, horseradish sauce and pepper.
- Spread evenly onto 2 of the bread slices; top each with 3 bacon slices and second bread slice.

Nutrition Facts



Properties

Glycemic Index:100.67, Glycemic Load:14.52, Inflammation Score:-5, Nutrition Score:22.578261064446%

Flavonoids

Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg

Nutrients (% of daily need)

Calories: 694.51kcal (34.73%), Fat: 49.3g (75.84%), Saturated Fat: 14.07g (87.92%), Carbohydrates: 34.04g (11.35%), Net Carbohydrates: 29.97g (10.9%), Sugar: 4.37g (4.86%), Cholesterol: 422.36mg (140.79%), Sodium: 1068.32mg (46.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.62g (53.23%), Selenium: 64.41µg (92.01%), Vitamin B2: 0.79mg (46.34%), Phosphorus: 353.54mg (35.35%), Vitamin B1: 0.53mg (35.24%), Folate: 120.87µg (30.22%), Manganese: 0.58mg (29.08%), Vitamin B3: 5.2mg (25.98%), Vitamin B12: 1.46µg (24.28%), Vitamin K: 23.82µg (22.69%), Vitamin B5: 2.09mg (20.87%), Iron: 3.36mg (18.65%), Vitamin B6: 0.36mg (17.78%), Zinc: 2.66mg (17.72%), Vitamin D: 2.49µg (16.61%), Fiber: 4.07g (16.27%), Vitamin E: 1.98mg (13.19%), Magnesium: 46.37mg (11.59%), Potassium: 398.77mg (11.39%), Vitamin A: 558.71IU (11.17%), Calcium: 107.05mg (10.7%), Copper: 0.17mg (8.52%), Vitamin C: 3.01mg (3.65%)