

Egg Salad Sandwich100

Number of Servings: 100 (163.41 g per serving)

Amount	Measure	Ingredient
151.00	ea	Eggs, hard bld, lrg
2 1/2	qt	Mayonnaise, light
3 1/4	cup	Relish, pickle, sweet
5.00	tsp	Spice, onion, powder
2.00	cup	Pimentos, cnd
200.00	pce	Bread, whole grain, slice

Nutrients per serving

Nutrition Facts	
Serving Size (163g)	
Servings Per Container	
Amount Per Serving	
Calories 340	Calories from Fat 160
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 330mg	110%
Sodium 600mg	25%
Total Carbohydrate 30g	10%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 15g	
Vitamin A 15%	• Vitamin C 6%
Calcium 8%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

* Cook eggs and chill quickly to 40 degrees or less. Refrigerate over night.

Peel eggs and chop coarsely.

Combine cold light mayonnaie, pickle relish, onion powder and pimiento and add to eggs. Mix lightly.

Wash hands and put on clean gloves.

Assemble filling and bread. Portion filling with #8 scoop. Package those for home delivery in sandwich bags. Put others in sealed container to keep fresh until meal service.

Potentially Hazardous Food. Food Safety Standards: Refrigerate & serve at 40 degrees or less.

Serve 1 sandwich (2 bread, #8 scoop of egg salad filling) with gloved hand unless packaged in sandwich bags earlier.

1 sandwich = 15 grams protein, 2 grain product servings.

1 sandwich = 30 grams CHO = 2 Carb Servings