



## Egg Salad Sandwiches

### Ingredients

- 6 eggs, hard-boiled, chopped
- 3 tablespoons pickle relish
- 1/3 cup light mayonnaise
- 1/4 teaspoon ground black pepper
- 12 slices whole-wheat bread
- 1/2 head lettuce
- 1 tomato, sliced

### Directions

1. Combine eggs, relish, mayonnaise, and pepper in a mixing bowl. Mash and mix well.
2. Broil or toast bread (optional).
3. Layer egg salad, lettuce, and tomato between 2 slices of bread.

**Note:** If not using immediately, refrigerate egg salad and use within 4 days.

### Nutrition Facts

Serving Size 1 serving (149.41g)  
Servings Per Container 6

**Amount Per Serving**

**Calories** 250      **Calories from Fat** 90

**% Daily Value\***

**Total Fat** 10g      **15%**

Saturated Fat 2.5g      **13%**

Trans Fat 0g

**Cholesterol** 190mg      **63%**

**Sodium** 480mg      **20%**

**Total Carbohydrate** 27g      **9%**

Dietary Fiber 4g      **16%**

Sugars 4g

**Protein** 13g

Vitamin A 10%      •      Vitamin C 6%

Calcium 10%      •      Iron 10%

\* Percent Daily Values are based on a 2,000 calorie diet.