

# Egg Salad Sandwich

Meat Alternate-Grains/Breads

Sandwiches

F-10

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh large eggs, hard-cooked, peeled, chilled		25 each		50 each	1. Finely chop eggs.  2. Combine eggs, onions, celery, pepper, mustard, salad dressing or mayonnaise, and pickle relish. Mix lightly until well blended.  3. Cover. CCP: Refrigerate within 1 hour. Hold at 40° F or colder. Refrigerate until ready to use.  4. Spread No. 12 scoop (1/3 cup) of egg salad onto 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until ready to serve.  Portion is 1 sandwich (2 halves).
*Fresh onions, chopped OR Dehydrated onions	4 oz	2/3 cup OR 1/4 cup 2 Tbsp	8 oz	1 1/3 cups OR 3/4 cup	
*Fresh celery, chopped	7 oz	1 2/3 cups	14 oz	3 1/3 cups	
Ground black or white pepper		3/4 tsp		1 1/2 tsp	
Dry mustard		3/4 tsp		1 1/2 tsp	
Reduced calorie salad dressing OR Lowfat mayonnaise	7 oz OR 7 oz	3/4 cup 2 Tbsp OR 3/4 cup 2 Tbsp	14 oz OR 14 oz	1 3/4 cups OR 1 3/4 cups	
Sweet pickle relish, undrained	4 1/4 oz	1/2 cup	8 1/2 oz	1 cup	
Enriched white bread (at least 0.9 oz per slice)		50 slices		100 slices	

\* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onions	5 oz	10 oz
Celery	9 oz	1 lb 2 oz

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SERVING:	YIELD:	VOLUME:
1 sandwich provides 1 large egg or the equivalent of 2 oz cooked lean meat and 2 slices of bread.	<b>25 Servings:</b> 4 lb (filling) 7 lb 13 oz  <b>50 Servings:</b> 8 lb (filling) 13 lb 10 oz  Tested 2004	<b>25 Servings:</b> 2 quarts $\frac{1}{4}$ cup (filling) 25 sandwiches  <b>50 Servings:</b> 1 gallon $\frac{1}{2}$ cup (filling) 50 sandwiches

Nutrients Per Serving					
<b>Calories</b>	242	<b>Saturated Fat</b>	2.15 g	<b>Iron</b>	2.26 mg
<b>Protein</b>	10.60 g	<b>Cholesterol</b>	216 mg	<b>Calcium</b>	84 mg
<b>Carbohydrate</b>	29.53 g	<b>Vitamin A</b>	302 IU	<b>Sodium</b>	447 mg
<b>Total Fat</b>	8.66 g	<b>Vitamin C</b>	0.9 mg	<b>Dietary Fiber</b>	1.5 g