

# Egg Salad Sandwich with Smoked Salmon

J. M. Hirsch - Associated Press  
Palm Beach Post

## Servings: 4

*1/2 cup mayonnaise*  
*2 tablespoons Dijon mustard*  
*1/2 teaspoon smoked paprika*  
*1/2 teaspoon hot sauce*  
*1/2 cup finely chopped cornichons*  
*1/2 cup finely chopped celery*  
*8 hard-boiled eggs, cooled and roughly chopped*  
*salt and ground black pepper*  
*4 large slices sourdough bread*  
*1 package (4 ounce) thinly sliced smoked salmon*

In a medium bowl, whisk together the mayonnaise, mustard, smoked paprika and hot sauce. Stir in the cornichons and celery. Gently stir in the chopped hard-boiled eggs, then season with salt and pepper.

Cover and refrigerate for at least 30 minutes or up to overnight.

When ready to serve, lightly toast the slices of sourdough bread. While the bread is still warm, spread a quarter of the egg salad over each slice, then top with a quarter of the smoked salmon.

Serve immediately.

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Per Serving (excluding unknown items): 429 Calories; 35g Fat (72.0% calories from fat); 16g Protein; 15g Carbohydrate; 1g Dietary Fiber; 434mg Cholesterol; 555mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 0 Vegetable; 3 Fat; 0 Other Carbohydrates.

Sandwiches

## Per Serving Nutritional Analysis

Calories (kcal):	429	Vitamin B6 (mg):	.3mg
% Calories from Fat:	72.0%	Vitamin B12 (mcg):	1.2mcg
% Calories from Carbohydrates:	13.8%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	14.2%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	35g	Folacin (mcg):	59mcg
Saturated Fat (g):	7g	Niacin (mg):	1mg
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	13g	Alcohol (kcal):	0
			0.0%

<b>Cholesterol (mg):</b>	434mg
<b>Carbohydrate (g):</b>	15g
<b>Dietary Fiber (g):</b>	1g
<b>Protein (g):</b>	16g
<b>Sodium (mg):</b>	555mg
<b>Potassium (mg):</b>	217mg
<b>Calcium (mg):</b>	86mg
<b>Iron (mg):</b>	2mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	1mg
<b>Vitamin A (i.u.):</b>	659IU
<b>Vitamin A (r.e.):</b>	185 1/2RE

% Daily Values\*

## Food Exchanges

<b>Grain (Starch):</b>	1
<b>Lean Meat:</b>	2
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	3
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 429 Calories from Fat: 309

### % Daily Values\*

<b>Total Fat</b> 35g	54%
Saturated Fat 7g	33%
<b>Cholesterol</b> 434mg	145%
<b>Sodium</b> 555mg	23%
<b>Total Carbohydrates</b> 15g	5%
Dietary Fiber 1g	5%
<b>Protein</b> 16g	
<b>Vitamin A</b>	13%
<b>Vitamin C</b>	2%
<b>Calcium</b>	9%
<b>Iron</b>	12%

\* Percent Daily Values are based on a 2000 calorie diet.