

Mediterranean Egg Salad Sandwich

Linda Gassenheimer - McClatchy-Tribune News Services
Palm Beach Post

Servings: 2

6 eggs
2 tablespoons reduced-fat mayonnaise
2 tablespoons water
1 tablespoon Dijon mustard
8 pitted green olives, coarsely chopped
salt
freshly ground black pepper
4 slices whole wheat bread
1 cup sweet pimientos, cut into two-inch strips

Place the eggs in a medium saucepan and cover with cold water. Bring the water to a simmer over medium-high heat. Reduce the heat to medium-low and simmer, gently, for 10 minutes. Drain and fill the pan with cold water.

Peel the eggs, cut in half and discard four egg yolks. Mash the remaining two whole eggs and four egg yolks in the same bowl.

In a bowl, whisk together the mayonnaise, mustard, water and olives.

Add the mashed eggs and season with salt and pepper to taste. Mix well.

Spread the egg salad on the four bread slices. Place the pimiento on top.

Serve as open sandwiches.

Per Serving (excluding unknown items): 426 Calories; 23g Fat (49.3% calories from fat); 25g Protein; 30g Carbohydrate; 5g Dietary Fiber; 641mg Cholesterol; 823mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Fruit; 3 Fat; 0 Other Carbohydrates.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	426	Vitamin B6 (mg):	.3mg
% Calories from Fat:	49.3%	Vitamin B12 (mcg):	1.9mcg
% Calories from Carbohydrates:	27.6%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	23.1%	Riboflavin B2 (mg):	.8mg

Total Fat (g): 23g
Saturated Fat (g): 6g
Monounsaturated Fat (g): 9g
Polyunsaturated Fat (g): 4g
Cholesterol (mg): 641mg
Carbohydrate (g): 30g
Dietary Fiber (g): 5g
Protein (g): 25g
Sodium (mg): 823mg
Potassium (mg): 355mg
Calcium (mg): 140mg
Iron (mg): 5mg
Zinc (mg): 3mg
Vitamin C (mg): trace
Vitamin A (i.u.): 805IU
Vitamin A (r.e.): 217 1/2RE

Folacin (mcg): 101mcg
Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Daily Values*

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories 426 Calories from Fat: 210

% Daily Values*

Total Fat	23g	36%
Saturated Fat	6g	29%
Cholesterol	641mg	214%
Sodium	823mg	34%
Total Carbohydrates	30g	10%
Dietary Fiber	5g	18%
Protein	25g	
Vitamin A		16%
Vitamin C		0%
Calcium		14%
Iron		30%

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