

Egg Salad Sandwich

Meal Components: Grains, Meat / Meat Alternate

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	<ol style="list-style-type: none"> 1. Finely chop eggs. 2. Combine eggs, onions, celery, pepper, mustard, salad dressing or mayonnaise, and pickle relish. Mix lightly until well blended. 3. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4
*Fresh onions, chopped	4 oz	? cup	8 oz	1 ? cups	
OR		OR		OR	
Dehydrated onions		¼ cup 2 Tbsp		¾ cup	
*Fresh celery, chopped	7 oz	1 ? cups	14 oz	3 ? cups	
Ground black or white pepper		¾ tsp		1 ½ tsp	
Dry mustard		¾ tsp		1 ½ tsp	
Reduced calorie salad dressing	7 oz	¾ cup 2 Tbsp	14 oz	1 ¾ cups	
OR	OR	OR	OR	OR	
Lowfat mayonnaise	7 oz	¾ cup 2 Tbsp	14 oz	1 ¾ cups	
Sweet pickle relish, undrained	4 ¼ oz	½ cup	8 ½ oz	1 cup	

Enriched white bread (at least 0.9 oz per slice)

50 slices

100 slices

4. Spread No. 12 scoop (? 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).

Notes

* See Marketing Guide

Marketing Guide

Food as Purchased for	25 Servings	25 Servings
Mature onions	5 oz	10 oz
Celery	9 oz	1 lb 2 oz

Serving	Yield	Volume
1 sandwich provides 1 large egg or the equivalent of 2 oz cooked lean meat and 2 slices of bread.	25 Servings: 4 lb (filling) 7 lb 13 oz	25 Servings: 2 quarts ¼ cup (filling) 25 sandwiches
	50 Servings: 8 lb (filling) 13 lb 10 oz	50 Servings: 1 gallon ½ cup (filling) 50 sandwiches

Nutrients Per Serving

Calories	242	Saturated Fat	2 g	Calcium	84 mg
Protein	11 g	Cholesterol	216 mg	Sodium	447 mg
Carbohydrate	30 g	Vitamin A	302 IU	Dietary Fiber	2 g
Total Fat	9 g	Iron	2 mg		