



Avocado Egg Salad Sandwich (Large Font)

See our recipe for "Perfect Hard-Boiled Eggs" for instructions on how to make hard boiled eggs!

U.S.

1/2 each	Avocado, ripe
1 tsp	Lemon Juice
1 each	Hard Boiled Egg, cooled, peeled, diced
1/2 stalk	Green Onion, sliced
1/8 tsp	Kosher Salt
To taste	Black Pepper, ground
1/4 cup	Celery, diced small
1/4 tsp	Sriracha Hot Sauce (optional)
1 each	Whole Wheat Sandwich Thin, toasted
1/4 cup	Greens, such as Spinach or Arugula

Metric

1/2 each
5 mL
1 each
1/2 stalk
0.75 g
To taste
25 g
0.4 g
1 each
5 g

Preparation :

1. Gather all ingredients and equipment.
2. In a medium bowl, mash the avocado and lemon juice with a fork.
3. Fold in the egg, green onion, salt, black pepper, celery, and sriracha (if using) into the
4. Serve 1 cup of egg salad with the greens and sandwich thin.

Nutrition Facts

1 Servings

Serving size **1 cup egg salad, 1 sandwich thin, 1/4 cup greens**

Amount per serving

Calories **350**

Calories from Fat 180

Total Fat 20 g

 Saturated Fat 3.5 g

 Trans Fat 0 g

 Monounsaturated 10 g

Cholesterol 215 mg

Sodium 530 mg

Total Carbohydrate 33 g

 Dietary Fiber 12 g

 Total Sugars 4 g

 Includes 0g Added Sugars

Protein 14 g

Vitamin D 0 %

Calcium 4 %

Iron 4 %

Potassium 613 mg

Phosphorus 64 mg
