

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 | 1. Finely chop eggs. 2. Combine eggs, onions, celery, pepper, mustard, salad dressing or mayonnaise, and pickle relish. Mix lightly until well blended. |
| *Fresh onions, chopped | 4 oz | 1/2 cup | 8 oz | 1 1/2 cups | |
| OR | | OR | | OR | |
| Dehydrated onions | | 1/4 cup 2 Tbsp | | 3/4 cup | |
| *Fresh celery, chopped | 7 oz | 1 1/2 cups | 14 oz | 3 1/2 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 | 7 oz | 3/4 cup 2 Tbsp | 14 oz | 1 3/4 cups | |
| OR | OR | OR | OR | OR | |
| Lowfat mayonnaise | 7 oz | 3/4 cup 2 Tbsp | 14 oz | 1 3/4 cups | |

3. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Cover. Refrigerate until ready to use.

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 50 Servings: 8 lb (filling) 13 lb 10 oz | 25 Servings: 2 quarts ¼ cup (filling) 25 sandwiches 50 Servings: 1 gallon ½ cup (filling) 50 sandwiches |

| Nutrients Per Serving | | | | | |
|-----------------------|---------|---------------|---------|---------------|--------|
| Calories | 242 | Saturated Fat | 2.15 g | Calcium | 84 mg |
| Protein | 10.6 g | Cholesterol | 216 mg | Sodium | 447 mg |
| Carbohydrate | 29.53 g | Vitamin A | 302 IU | Dietary Fiber | 1.5 g |
| Total Fat | 8.66 g | Iron | 2.26 mg | | |