

Egg Salad Sandwich

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-03

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh large eggs, hard-cooked, peeled, chilled		50 each		100 each	1. Finely chop eggs.
*Fresh onions, chopped	8 oz	1 ½ cups	1 lb	2 ¾ cups	2. Combine eggs, onions, celery, pepper, dry mustard, salad dressing or mayonnaise, and pickle relish. Mix lightly until well blended. Spread 4 lb (approximately 2 qt ¼ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
*Fresh celery, chilled, chopped	14 ½ oz	3 ½ cups	1 lb 13 oz	1 qt 3 cups	
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Dry mustard		1 ½ tsp		1 Tbsp	
Reduced calorie salad dressing	14 oz	1 ¾ cups	1 lb 12 oz	3 ½ cups	
OR Lowfat mayonnaise	OR 14 oz	OR 1 ¾ cups	OR 1 lb 12 oz	OR 3 ½ cups	
Sweet pickle relish, undrained, chilled	8 ½ oz	1 cup	1 lb 1 oz	2 cups	
					3. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to use.
*Enriched bread (0.9 oz per slice)	5 lb 10 oz	100 slices	11 lb 4 oz	200 slices	4. Portion with No. 12 scoop (⅓ cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until service.

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Mature onions	10 oz	1 lb 4 oz
Celery	1 lb 2 oz	2 lb 4 oz
Bread, sliced	3 ¼ sandwich loaves (2 lb each)	6 ½ sandwich loaves (2 lb each)

Egg Salad Sandwich

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-03

SERVING:

1 sandwich provides 2 oz equivalent meat/meat alternate and 2 servings of grains/breads.

YIELD:

50 Servings: about 8 lb (filling)
13 lb 10 oz

100 Servings: about 16 lb (filling)
27 lb 4 oz

Tested 2004

VOLUME:

50 Servings: about 1 gallon ½ cup (filling)
50 sandwiches

100 Servings: about 2 gallons 1 cups (filling)
100 sandwiches

Nutrients Per Serving

Calories 244

Protein 10.69 g

Carbohydrate 30.05 g

Total Fat 8.69 g

Saturated Fat 2.15 g

Cholesterol 216 mg

Vitamin A 302 IU

Vitamin C 0.9 mg

Iron 2.29 mg

Calcium 86 mg

Sodium 453 mg

Dietary Fiber 1.5 g