

Eat Smart • Move More

Sándwiches de Ensalada de Huevo

Tiempo de Preparación: 10 minutos

Tiempo Total: 15 minutos



Ingredientes

- 6 huevos duros, picados
- 3 cucharadas de salsa de pepinillos
- 1/3 taza de mayonesa liviana (baja en calorías)
- 1/4 cucharadita de pimienta negra molida
- 12 rebanadas de pan integral
- 1/2 cabeza de lechuga
- 1 tomate, en rodajas

Nutrition Facts

6 servings per container
Serving size **1 serving**
(146.91g)

Amount per serving
Calories **240**

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 190mg **63%**

Sodium 460mg **20%**

Total Carbohydrate 25g **9%**

Dietary Fiber 3g **11%**

Total Sugars 4g

Includes g of Added Sugars

Protein 13g

Vitamin D 1mcg **6%**

Calcium 110mg **8%**

Iron 2mg **10%**

Potassium 259mg **6%**

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Consejos Rápidos

- ▶ Siempre lave los productos frescos antes de cortarlos.
- ▶ Si no la utiliza inmediatamente, refrigere la ensalada de huevo y utilice dentro de los 4 días.
- ▶ Vea nuestra receta "Huevos Duros" para ver instrucciones sobre cómo hervir los huevos.

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Preparación

- Combinar los huevos, la salsa de pepinillos, la mayonesa y la pimienta en un bol para mezclar. Triturar y mezclar bien.
- Dorar en el horno o tostar el pan (optativo).
- Colocar en capas la ensalada de huevo, la lechuga y el tomate entre las 2 rebanadas de pan.

(Receta adaptada de: <https://www.geniuskitchen.com>)

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