

LYONS
THICK
& EASY®

Pureed Egg Salad





Pureed Egg Salad

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INGREDIENTS

	1 Serving	8 Servings	16 Servings
THICK & EASY® Pureed Shaped Omelet Item: 72475	1 – 2.5 oz portion	8 – 2.5 oz portions	16 –2.5 oz portions
Mayonnaise	1 ½ tsp	¼ cup	½ cup
Yellow mustard	½ tsp	1 Tbsp + 1 tsp	2 Tbsp + 2 tsp
Salt & pepper	To taste	To taste	To taste

DIRECTIONS

1. Prepare **THICK & EASY® Pureed Shaped Omelet** per package directions; allow to cool.
2. Place omelet portion(s) into a bowl and stir until mixture is smooth and cohesive.
3. Add mayonnaise, mustard, salt, pepper, and sweet pickle juice, if desired. Stir until ingredients are well mixed.
4. Portion and serve.

RECIPE NOTES

- Egg salad may also be made into a sandwich by serving it with pureed bread. (May use either **THICK & EASY® Pureed Bread & Dessert Mix** #118519 or **CLIFFDALE FARMS™ Pureed Baked Country Bread** #31560)
- Add ½ tsp per serving of sweet pickle juice for added flavor.

NUTRITION

Serving Size: 2.5 oz pureed egg salad (about ¼ cup or one #16 scoop)

Calories: 180
Total Fat: 16 g
Saturated Fat: 4 g
Trans Fat: 0 g
Cholesterol: 155 mg
Sodium: 280 mg
Total Carbs: 0 g
Dietary Fiber: 0 g
Total Sugars: 0 g
Added Sugars: 0 g
Protein: 6 g
Calcium: 4% DV
Iron: 4% DV
Potassium: 0% DV