

# Egg Salad Magnifique

*Philadelphia Cream Cheese Favorite Recipes (1988)*  
1988 Kraft Inc.

## Yield: 6 sandwiches

1 package (8 ounce) cream cheese,  
softened  
1/2 cup mayonnaise  
1 tablespoon prepared horseradish  
6 hard-cooked eggs, chopped  
1 package (6 ounce) frozen crabmeat,  
thawed and drained  
1/2 cup celery, chopped  
1/2 cup red or green pepper, chopped  
6 croissants, split  
lettuce

In a bowl, combine the cream cheese,  
mayonnaise and horseradish. Mix until well  
blended.

Add the eggs, crabmeat, celery and peppers.  
Mix lightly.

Chill.

Fill the croissants with lettuce and the egg  
mixture.

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Per Serving (excluding unknown  
items): 3469 Calories; 278g Fat  
(71.0% calories from fat); 85g  
Protein; 170g Carbohydrate; 11g  
Dietary Fiber; 1794mg Cholesterol;  
4327mg Sodium. Exchanges: 9 1/2  
Grain(Starch); 8 Lean Meat; 1/2  
Vegetable; 40 Fat; 0 Other  
Carbohydrates.

Sandwiches

## Per Serving Nutritional Analysis

Calories (kcal):	3469
% Calories from Fat:	71.0%
% Calories from Carbohydrates:	19.3%
% Calories from Protein:	9.7%
Total Fat (g):	278g
Saturated Fat (g):	114g
Monounsaturated Fat (g):	79g
Polyunsaturated Fat (g):	56g
Cholesterol (mg):	1794mg
Carbohydrate (g):	170g
Dietary Fiber (g):	11g
Protein (g):	85g

Vitamin B6 (mg):	1.3mg
Vitamin B12 (mcg):	5.1mcg
Thiamin B1 (mg):	1.5mg
Riboflavin B2 (mg):	2.7mg
Folacin (mcg):	408mcg
Niacin (mg):	8mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

## Food Exchanges

Grain (Starch):	9 1/2
Lean Meat:	8

**Sodium (mg):** 4327mg  
**Potassium (mg):** 1305mg  
**Calcium (mg):** 514mg  
**Iron (mg):** 14mg  
**Zinc (mg):** 7mg  
**Vitamin C (mg):** 9mg  
**Vitamin A (i.u.):** 7924IU  
**Vitamin A (r.e.):** 2207RE

**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 40  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	3469	Calories from Fat: 2464
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### % Daily Values\*

<b>Total Fat</b>	278g	428%
Saturated Fat	114g	568%
<b>Cholesterol</b>	1794mg	598%
<b>Sodium</b>	4327mg	180%
<b>Total Carbohydrates</b>	170g	57%
Dietary Fiber	11g	44%
<b>Protein</b>	85g	
<b>Vitamin A</b>		158%
<b>Vitamin C</b>		14%
<b>Calcium</b>		51%
<b>Iron</b>		78%

\* Percent Daily Values are based on a 2000 calorie diet.