







# Chesapeake Crab Egg Salad

You love egg salad and you love Maryland crab meat then this **Chesapeake Crab Egg Salad** is gonna blow your mind!!

 <b>Course</b>	Sandwich
 <b>Cuisine</b>	American, Seafood
 <b>Keyword</b>	Crab Salad, Egg Salad
 <b>Prep Time</b>	20 minutes
 <b>Servings</b>	4
 <b>Calories</b>	426kcal

## Ingredients

- 8 oz Crab Meat Claw or Backfin
- 4 Eggs Hard Boiled
- 3 tbsp [Dukes Mayonaise](#)
- 2 tsp [Dijon Mustard](#)
- 1 tbsp [Lemon Juice](#)
- 1/4 tsp [Old Bay](#)
- 1 tsp [Parsley](#)

## Additional Ingredients

- 4 Croissants
- 1 Tomato Sliced
- 1 cup Romaine Shredded
- 1/2 cup Pickle Chips Sliced

## Instructions

1. Boil your eggs for about 8 minutes, cool and peel the eggs then chop them up.
2. Add the chopped eggs to a mixing bowl along with remaining ingredients. Fold the mixture gently until the crab egg salad is fully combined.
3. Chill for 30 minutes before preparing sandwiches

## Notes

Serving is ¼ of the egg salad served on a Croissant with lettuce, tomatoes and pickles. About 6oz of egg salad per serving.

This Recipe is great to make ahead of time. The flavors have time to meld together and its even better day 2 and 3. Crab Egg Salad is good for 5 days properly stored in the fridge.

## Nutrition

Calories: 426kcal | Carbohydrates: 29g | Protein: 21g | Fat: 25g | Saturated Fat: 9g | Trans

**Fat: 1g | Cholesterol: 230mg | Sodium: 1057mg | Potassium: 372mg | Fiber: 2g | Sugar: 8g |  
Vitamin A: 2002IU | Vitamin C: 10mg | Calcium: 90mg | Iron: 3mg**