



Cook the Book: Curried Egg Salad with Caramelized Onion



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



480 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons cilantro leaves minced
- ☐ 1.5 teaspoons curry powder hot
- ☐ 6 hardboiled eggs peeled
- ☐ 0.8 cup mayonnaise
- ☐ 1 tablespoon mustard prepared
- ☐ 0.5 medium and orange peppers diced red organic seeded finely (see Note)

- ☐ 0.3 medium onion diced red finely
- ☐ 1 small serrano chiles green minced
- ☐ 2 cups pkt spinach loosely packed
- ☐ 0.5 teaspoon sugar
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons vegetable oil

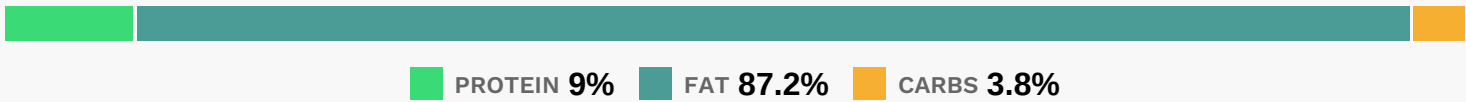
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the oil in a medium skillet over medium heat.
- ☐ Add the sliced onion and fry for about 5 minutes until it becomes transparent.
- ☐ Add 1/4 teaspoon of salt, the sugar, and the pepper and saute for another minute. As soon as it changes color, remove from the heat and set aside until the rest of the salad is ready.
- ☐ In a large bowl, mash the boiled eggs with a fork or finely chop them.
- ☐ Add the diced onion and bell pepper and mix well.
- ☐ In a separate bowl, combine the mayonnaise, cilantro, chile, curry powder, and salt to taste.
- ☐ Mix well.
- ☐ Add the mustard and mix until well combined.
- ☐ Add the eggs and mix.
- ☐ Divide the spinach leaves onto four serving plates. Heap the egg salad evenly onto each plate. Top with the caramelized onions and serve.

Nutrition Facts



Properties

Glycemic Index:78.02, Glycemic Load:0.92, Inflammation Score:-9, Nutrition Score:17.871739195741%

Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 479.83kcal (23.99%), Fat: 46.53g (71.59%), Saturated Fat: 8.45g (52.83%), Carbohydrates: 4.56g (1.52%), Net Carbohydrates: 3.27g (1.19%), Sugar: 2.69g (2.99%), Cholesterol: 297.39mg (99.13%), Sodium: 559.7mg (24.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.8g (21.6%), Vitamin K: 156.41µg (148.96%), Vitamin A: 2328.7IU (46.57%), Selenium: 25.69µg (36.7%), Vitamin C: 24.59mg (29.81%), Vitamin B2: 0.44mg (26.01%), Vitamin E: 3.44mg (22.95%), Folate: 74.28µg (18.57%), Phosphorus: 158.79mg (15.88%), Vitamin B12: 0.88µg (14.72%), Manganese: 0.27mg (13.31%), Vitamin B5: 1.21mg (12.05%), Vitamin D: 1.73µg (11.56%), Iron: 1.79mg (9.95%), Vitamin B6: 0.19mg (9.74%), Potassium: 254.2mg (7.26%), Zinc: 1.04mg (6.94%), Magnesium: 26.76mg (6.69%), Calcium: 65.78mg (6.58%), Vitamin B1: 0.09mg (5.79%), Fiber: 1.29g (5.18%), Copper: 0.06mg (2.86%), Vitamin B3: 0.39mg (1.93%)