



Curried Egg Salad in Mini Pitas



Vegetarian



Dairy Free

READY IN



25 min.

SERVINGS



16

CALORIES



131 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 tablespoons apple cider vinegar
- ☐ 0.5 teaspoon curry powder ()
- ☐ 1.5 teaspoons dijon mustard
- ☐ 1 medium apples i use 2 granny smith apples peeled cut into 1/8-inch cubes
- ☐ 0.3 teaspoon ground cumin
- ☐ 4 large hardboiled eggs chopped
- ☐ 16 servings salt and pepper freshly ground
- ☐ 0.3 cup mayonnaise

- ☐ 8 wholewheat pita breads mini halved
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 1 tablespoon shallots minced
- ☐ 16 servings watercress

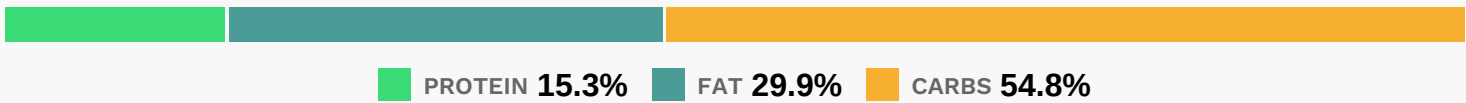
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk mayonnaise, scallion, shallot, apple cider vinegar, mustard, curry powder, and cumin in a large bowl. Fold in eggs and apple. Season with kosher salt and freshly ground pepper.
- ☐ Fill pita pockets with about 1 Tbsp. egg salad each. Top pita sandwiches with watercress sprigs.

Nutrition Facts



Properties

Glycemic Index:22.19, Glycemic Load:15.09, Inflammation Score:-7, Nutrition Score:9.9052174246829%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 7.86mg, Kaempferol: 7.86mg, Kaempferol: 7.86mg, Kaempferol: 7.86mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10.73mg, Quercetin: 10.73mg, Quercetin: 10.73mg, Quercetin: 10.73mg

Nutrients (% of daily need)

Calories: 131.42kcal (6.57%), Fat: 4.37g (6.72%), Saturated Fat: 0.88g (5.5%), Carbohydrates: 18.01g (6%), Net Carbohydrates: 16.87g (6.13%), Sugar: 1.49g (1.66%), Cholesterol: 48.1mg (16.03%), Sodium: 401.16mg (17.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.06%), Vitamin K: 92.62µg (88.21%), Vitamin A:

1167.21IU (23.34%), Vitamin C: 15.35mg (18.6%), Manganese: 0.24mg (11.89%), Vitamin B2: 0.14mg (8.06%), Vitamin B1: 0.12mg (7.86%), Calcium: 73.97mg (7.4%), Phosphorus: 72.69mg (7.27%), Selenium: 4.42µg (6.32%), Potassium: 181.87mg (5.2%), Fiber: 1.14g (4.57%), Magnesium: 17.13mg (4.28%), Vitamin E: 0.62mg (4.17%), Folate: 16.62µg (4.16%), Vitamin B5: 0.41mg (4.08%), Copper: 0.08mg (4.06%), Iron: 0.7mg (3.89%), Vitamin B6: 0.08mg (3.86%), Vitamin B3: 0.7mg (3.49%), Zinc: 0.43mg (2.85%), Vitamin B12: 0.14µg (2.38%), Vitamin D: 0.28µg (1.88%)