



Curried Egg Salad Sandwich

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon curry powder
- ☐ 2 hard-cooked eggs chopped
- ☐ 2 tablespoons yogurt plain low-fat greek-style
- ☐ 1 cranberry-orange relish
- ☐ 0.1 teaspoon pepper
- ☐ 2 tablespoons bell pepper red chopped
- ☐ 2 slices cocktail rye bread toasted
- ☐ 0.1 teaspoon salt

☐ 0.5 cup pkt spinach fresh

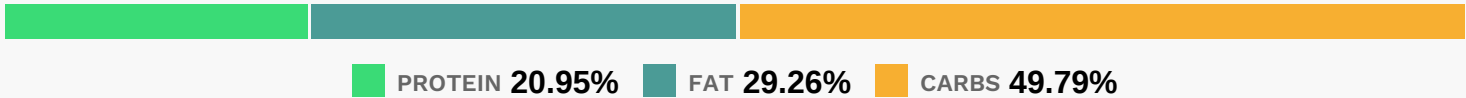
Equipment

☐ bowl

Directions

- ☐ Combine eggs, yogurt, bell pepper, curry powder, salt, and pepper, in a small bowl; stir well.
- ☐ Place spinach on rye bread, top with egg salad, and serve the orange on the side.

Nutrition Facts



Properties

Glycemic Index:39.17, Glycemic Load:3.96, Inflammation Score:-5, Nutrition Score:6.812608708506%

Flavonoids

Hesperetin: 7.14mg, Hesperetin: 7.14mg, Hesperetin: 7.14mg, Hesperetin: 7.14mg Naringenin: 4.01mg, Naringenin: 4.01mg, Naringenin: 4.01mg, Naringenin: 4.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 83.61kcal (4.18%), Fat: 2.74g (4.21%), Saturated Fat: 0.82g (5.15%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 8.92g (3.24%), Sugar: 3.9g (4.34%), Cholesterol: 75.08mg (25.03%), Sodium: 168.3mg (7.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.82%), Vitamin C: 19.67mg (23.84%), Selenium: 10.56µg (15.09%), Vitamin K: 15.08µg (14.37%), Vitamin A: 566.97IU (11.34%), Vitamin B2: 0.18mg (10.72%), Folate: 39.31µg (9.83%), Manganese: 0.16mg (7.97%), Phosphorus: 68.45mg (6.85%), Vitamin B1: 0.1mg (6.65%), Fiber: 1.56g (6.24%), Calcium: 48.43mg (4.84%), Vitamin B5: 0.46mg (4.63%), Vitamin B12: 0.27µg (4.45%), Iron: 0.77mg (4.25%), Potassium: 139.4mg (3.98%), Vitamin B6: 0.07mg (3.57%), Magnesium: 14.26mg (3.56%), Vitamin B3: 0.64mg (3.22%), Zinc: 0.48mg (3.17%), Vitamin D: 0.44µg (2.93%), Vitamin E: 0.44mg (2.93%), Copper: 0.05mg (2.26%)