



Curried Egg Salad Sandwiches

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 4 muffins split english toasted
- 0.3 teaspoon ground curry
- 6 large hard-cooked eggs
- 4 leaves lettuce green
- 3 tablespoons mayonnaise low-fat
- 1 tablespoon onion red finely chopped
- 0.3 teaspoon salt

1 tablespoon relish sweet

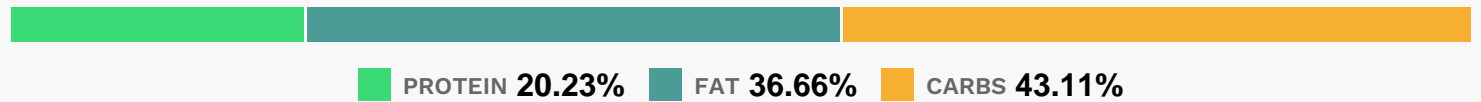
Equipment

bowl

Directions

- Cut eggs in half lengthwise, removing yolks. Reserve 4 egg yolks for another use. Chop whites and remaining 2 yolks.
- Combine egg, onion, and relish in a small bowl.
- Combine mayonnaise, salt, curry, and pepper; add to egg mixture.
- Place 1 lettuce leaf on the bottom half of each English muffin. Spoon one-third egg salad over leaves, and top with remaining muffin halves.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:18.57, Inflammation Score:-7, Nutrition Score:12.526087066402%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 283.8kcal (14.19%), Fat: 11.38g (17.5%), Saturated Fat: 2.97g (18.56%), Carbohydrates: 30.11g (10.04%), Net Carbohydrates: 28.24g (10.27%), Sugar: 2.53g (2.81%), Cholesterol: 281.43mg (93.81%), Sodium: 624.31mg (27.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.12g (28.25%), Selenium: 23.5µg (33.57%), Vitamin A: 1518.37IU (30.37%), Vitamin B2: 0.49mg (28.62%), Vitamin K: 27.51µg (26.2%), Phosphorus: 212.38mg (21.24%), Folate: 60.74µg (15.18%), Vitamin B12: 0.86µg (14.26%), Manganese: 0.28mg (13.87%), Vitamin B5: 1.33mg (13.32%), Vitamin B1: 0.17mg (11.01%), Vitamin D: 1.65µg (11%), Iron: 1.62mg (9.01%), Zinc: 1.24mg (8.24%), Fiber: 1.87g (7.47%), Calcium: 74.64mg (7.46%), Vitamin E: 1.08mg (7.23%), Vitamin B6: 0.13mg (6.69%), Potassium: 207.93mg (5.94%), Magnesium: 22.43mg (5.61%), Vitamin B3: 1.01mg (5.06%), Copper: 0.1mg (4.78%), Vitamin C: 1.63mg (1.97%)