



Curried Egg Salad Sandwiches

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 hardboiled eggs chopped
- ☐ 0.3 cup salad dressing
- ☐ 2 tablespoons mint-cilantro chutney spread shopping list
- ☐ 0.3 teaspoon curry powder
- ☐ 8 slices cocktail rye bread hearty
- ☐ 0.5 medium cucumber thinly sliced

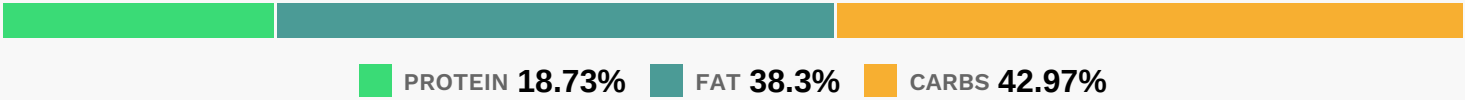
Equipment

- ☐ bowl

Directions

- ☐ In medium bowl, mix all ingredients except bread and cucumber.
- ☐ Spread egg salad on 4 bread slices. Top with cucumber and remaining bread.

Nutrition Facts



Properties

Glycemic Index:18.08, Glycemic Load:14.29, Inflammation Score:-5, Nutrition Score:15.927391456521%

Nutrients (% of daily need)

Calories: 328.18kcal (16.41%), Fat: 13.73g (21.12%), Saturated Fat: 3.54g (22.13%), Carbohydrates: 34.64g (11.55%), Net Carbohydrates: 30.72g (11.17%), Sugar: 5.24g (5.82%), Cholesterol: 279.75mg (93.25%), Sodium: 755.33mg (32.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.1g (30.2%), Selenium: 43.22µg (61.74%), Vitamin B2: 0.61mg (35.63%), Manganese: 0.58mg (28.76%), Folate: 107.11µg (26.78%), Vitamin B1: 0.34mg (22.55%), Phosphorus: 216.92mg (21.69%), Iron: 2.83mg (15.75%), Fiber: 3.93g (15.72%), Vitamin B5: 1.39mg (13.9%), Vitamin B12: 0.83µg (13.88%), Vitamin B3: 2.51mg (12.56%), Vitamin A: 618.84IU (12.38%), Vitamin D: 1.65µg (11%), Vitamin K: 11.15µg (10.62%), Zinc: 1.58mg (10.5%), Magnesium: 37.17mg (9.29%), Calcium: 90.24mg (9.02%), Vitamin E: 1.34mg (8.94%), Vitamin B6: 0.16mg (8.12%), Copper: 0.15mg (7.52%), Potassium: 249.18mg (7.12%), Vitamin C: 2.36mg (2.86%)