



Curried Egg Salad Sandwiches



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 slices sandwich bread white home-style toasted
- ☐ 1 small cucumber peeled seeded
- ☐ 2.8 teaspoons curry powder
- ☐ 0.3 cup currants dried
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 1 large spring onion finely chopped
- ☐ 12 hardboiled eggs peeled halved
- ☐ 0.5 cup mayonnaise

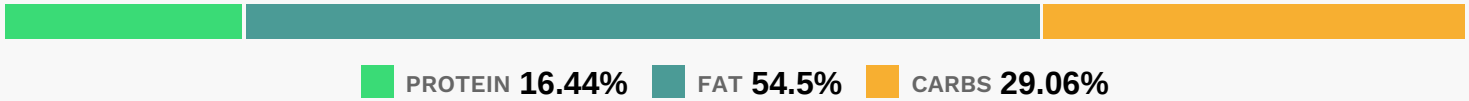
Equipment

- ☐ bowl
- ☐ paper towels

Directions

- ☐ Scoop egg yolks into large bowl; mash well with fork. Finely chop egg whites; add to yolks.
- ☐ Mix in currants, green onion, and cilantro.
- ☐ Mix 1/2 cup mayonnaise and curry powder in small bowl; stir into egg mixture.
- ☐ Mix in more mayonnaise by tablespoonfuls if salad is dry. Season with salt and pepper. (Can be made 3 hours ahead. Cover; chill.)
- ☐ Thinly slice cucumber crosswise into half-rounds.
- ☐ Place slices on paper towels to drain. Arrange toast on work surface; spread each toast slice with mayonnaise. Divide salad among 6 toast slices; top each with cucumber slices and second toast slice.
- ☐ Cut sandwiches in half; serve.

Nutrition Facts



Properties

Glycemic Index:38.96, Glycemic Load:18.81, Inflammation Score:-5, Nutrition Score:18.188261032104%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 441.84kcal (22.09%), Fat: 26.56g (40.86%), Saturated Fat: 5.89g (36.82%), Carbohydrates: 31.86g (10.62%), Net Carbohydrates: 29.84g (10.85%), Sugar: 8.12g (9.02%), Cholesterol: 380.84mg (126.95%), Sodium: 485.34mg (21.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.03g (36.06%), Selenium: 43.08µg (61.54%), Vitamin K: 42.87µg (40.83%), Vitamin B2: 0.66mg (38.69%), Folate: 108.88µg (27.22%), Phosphorus: 248.69mg (24.87%), Vitamin B1: 0.34mg (22.92%), Manganese: 0.42mg (20.86%), Iron: 3.42mg (18.97%), Vitamin B12: 1.13µg (18.87%), Vitamin B5: 1.77mg (17.68%), Calcium: 173.43mg (17.34%), Vitamin D: 2.24µg (14.92%), Vitamin E: 1.99mg

(13.3%), Vitamin B3: 2.61mg (13.03%), Vitamin A: 615.55IU (12.31%), Zinc: 1.64mg (10.93%), Vitamin B6: 0.21mg (10.65%), Potassium: 297.01mg (8.49%), Fiber: 2.01g (8.06%), Magnesium: 32.2mg (8.05%), Copper: 0.13mg (6.32%), Vitamin C: 2.05mg (2.48%)