



Curried Egg Salad with Mango Chutney



Vegetarian



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



415 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 hardboiled eggs peeled
- ☐ 0.5 cup mango chutney
- ☐ 1.5 teaspoons curry powder yellow
- ☐ 0.3 teaspoon salt
- ☐ 1 Tbsp mayonnaise
- ☐ 1 Tbsp chives chopped
- ☐ 0.3 cup celery minced
- ☐ 1 Dash cayenne to taste

- ☐ 4 servings pepper black freshly ground to taste
- ☐ 8 slices bread gluten-free with lettuce for option)

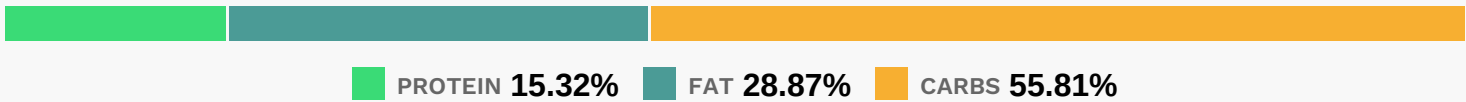
Equipment

- ☐ bowl

Directions

- ☐ If serving the egg salad on toast, or toasted rounds, start preparing the toast with the sliced bread while you prep the other ingredients.
- ☐ Roughly chopped the peeled, hard boiled eggs and put them into a medium sized serving bowl. Use the tines of the fork to press against the cooked egg pieces to break them into smaller pieces.
- ☐ Add the mango chutney, yellow curry powder, salt, mayonnaise, chives, celery, black pepper, and cayenne to the eggs.
- ☐ Mix until well combined.
- ☐ Serve the curried egg salad on lettuce for a salad, or on sliced bread or toast for sandwiches. If making appetizers, use a biscuit cutter to cut out rounds on either plain sliced bread or toast, then spread the egg salad over the rounds.

Nutrition Facts



Properties

Glycemic Index:74.17, Glycemic Load:30.22, Inflammation Score:-4, Nutrition Score:16.118260839711%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 415.43kcal (20.77%), Fat: 13.23g (20.35%), Saturated Fat: 3.27g (20.44%), Carbohydrates: 57.55g (19.18%), Net Carbohydrates: 54.43g (19.79%), Sugar: 24.82g (27.58%), Cholesterol: 281.2mg (93.73%), Sodium: 544.44mg (23.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.8g (31.59%), Selenium: 40.33µg (57.61%),

Manganese: 0.76mg (37.95%), Vitamin B2: 0.57mg (33.3%), Folate: 89.88µg (22.47%), Phosphorus: 214.96mg (21.5%), Vitamin B1: 0.29mg (19.4%), Iron: 3.39mg (18.85%), Vitamin B3: 3.25mg (16.26%), Vitamin B5: 1.54mg (15.4%), Vitamin B12: 0.84µg (13.94%), Vitamin K: 14.48µg (13.79%), Fiber: 3.13g (12.51%), Calcium: 124.04mg (12.4%), Vitamin D: 1.66µg (11.05%), Zinc: 1.45mg (9.65%), Vitamin A: 455.01IU (9.1%), Vitamin B6: 0.18mg (8.84%), Magnesium: 35.31mg (8.83%), Vitamin E: 1.24mg (8.28%), Copper: 0.15mg (7.34%), Potassium: 240.86mg (6.88%), Vitamin C: 4.43mg (5.37%)