



Curried Egg Sandwiches

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



423 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 8 slices bread
- 1 teaspoon curry powder
- 4 hardboiled eggs peeled chopped
- 0.5 cup mayonnaise
- 4 servings salt and pepper to taste

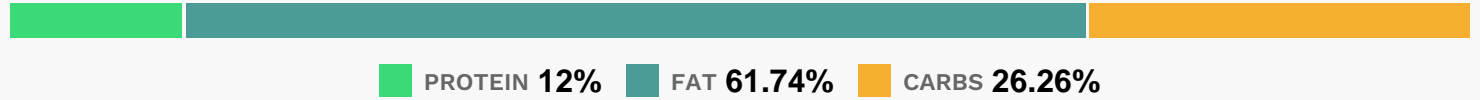
Equipment

- bowl

Directions

- Mix together mayonnaise and curry powder in a bowl. Gently stir in eggs, then season to taste with salt and pepper. Evenly divide between 4 slices of bread, top with remaining 4 slices.

Nutrition Facts



Properties

Glycemic Index:28.42, Glycemic Load:14.38, Inflammation Score:-3, Nutrition Score:14.471739342031%

Nutrients (% of daily need)

Calories: 422.96kcal (21.15%), Fat: 28.85g (44.39%), Saturated Fat: 5.31g (33.19%), Carbohydrates: 27.61g (9.2%), Net Carbohydrates: 25.2g (9.17%), Sugar: 3.94g (4.38%), Cholesterol: 198.26mg (66.09%), Sodium: 698.73mg (30.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.61g (25.23%), Vitamin K: 49.03µg (46.7%), Selenium: 32.26µg (46.08%), Manganese: 0.7mg (35.22%), Vitamin B2: 0.4mg (23.78%), Folate: 71.77µg (17.94%), Vitamin B1: 0.27mg (17.82%), Phosphorus: 165.87mg (16.59%), Vitamin B3: 3.18mg (15.9%), Iron: 2.82mg (15.66%), Vitamin B5: 1.21mg (12.06%), Vitamin E: 1.65mg (11%), Calcium: 99.75mg (9.98%), Vitamin B12: 0.59µg (9.81%), Fiber: 2.41g (9.62%), Zinc: 1.17mg (7.8%), Vitamin D: 1.16µg (7.71%), Magnesium: 29.51mg (7.38%), Vitamin B6: 0.13mg (6.53%), Vitamin A: 284.25IU (5.68%), Copper: 0.1mg (4.95%), Potassium: 155.32mg (4.44%)