



Curried-Egg Tea Sandwiches



Vegetarian



Dairy Free

READY IN



60 min.

SERVINGS



20

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon madras curry powder
- ☐ 0.3 teaspoon mustard dry
- ☐ 12 eggs at room temperature
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon orange juice freshly squeezed
- ☐ 0.5 teaspoon orange zest finely grated
- ☐ 20 servings salt and pepper freshly ground
- ☐ 20 slices d sandwich bread white

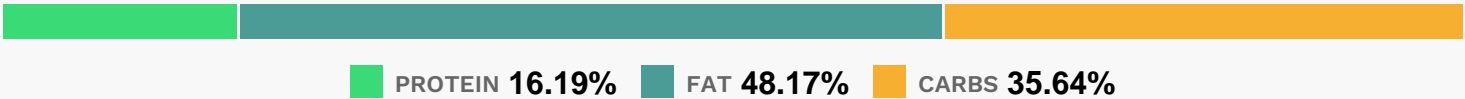
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Put the eggs in a large saucepan of cold water and bring to a vigorous boil. Cover, remove from the heat and let stand for 10 minutes.
- ☐ Drain the eggs and cool under running water, shaking the pan to lightly crack the shells.
- ☐ Transfer the eggs to a bowl of ice water and let stand until completely cold, about 15 minutes.
- ☐ Peel the eggs and pat dry. Finely chop the eggs and transfer to a large bowl.
- ☐ Add the orange zest and juice along with the curry, dry mustard and mayonnaise. Season with salt and pepper and mash with a fork.
- ☐ Arrange 10 slices of bread on a work surface and divide the egg salad among them, spreading it to the edges. Top with the remaining bread and trim off the crusts.
- ☐ Cut each sandwich in half.
- ☐ Transfer to a platter and serve.

Nutrition Facts



Properties

Glycemic Index:9.09, Glycemic Load:8.83, Inflammation Score:-2, Nutrition Score:5.8026086091995%

Flavonoids

Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 144.21kcal (7.21%), Fat: 7.62g (11.73%), Saturated Fat: 1.69g (10.56%), Carbohydrates: 12.69g (4.23%), Net Carbohydrates: 12.07g (4.39%), Sugar: 1.54g (1.71%), Cholesterol: 100.56mg (33.52%), Sodium: 386.15mg (16.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.53%), Selenium: 14.1µg (20.15%), Vitamin B2: 0.18mg

(10.73%), Folate: 40.9µg (10.23%), Vitamin B1: 0.14mg (9.28%), Vitamin K: 9.36µg (8.91%), Phosphorus: 82.41mg (8.24%), Manganese: 0.16mg (8.07%), Iron: 1.35mg (7.5%), Calcium: 68.82mg (6.88%), Vitamin B3: 1.22mg (6.09%), Vitamin B5: 0.55mg (5.5%), Vitamin B12: 0.24µg (4.03%), Zinc: 0.58mg (3.84%), Vitamin E: 0.54mg (3.6%), Vitamin D: 0.54µg (3.59%), Vitamin B6: 0.07mg (3.5%), Vitamin A: 149.35IU (2.99%), Copper: 0.05mg (2.63%), Magnesium: 10.43mg (2.61%), Fiber: 0.62g (2.47%), Potassium: 70.38mg (2.01%)