



Curried Tofu-Egg Salad Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



3

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon curry powder
- ☐ 2 tablespoons yogurt plain fat-free
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon green onions chopped
- ☐ 2 large hard-cooked eggs finely chopped
- ☐ 2 tablespoons mayonnaise light
- ☐ 7.2 ounce whole-grain bread
- ☐ 0.1 teaspoon pepper

- ☐ 1 teaspoon pepper sauce hot
- ☐ 0.3 teaspoon salt
- ☐ 5 ounces spicy tofu light firm finely chopped

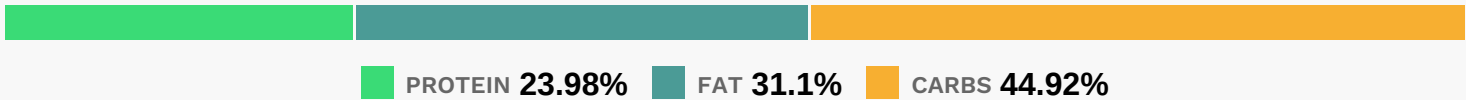
Equipment

- ☐ bowl

Directions

- ☐ Combine the first 10 ingredients in a bowl, and stir until well-blended.
- ☐ Spread 1/2 cup tofu mixture evenly over each of 3 bread slices; top with the remaining bread slices. Store in small zip-top bags in refrigerator.

Nutrition Facts



Properties

Glycemic Index:61.9, Glycemic Load:17.74, Inflammation Score:-4, Nutrition Score:15.822608927022%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 296kcal (14.8%), Fat: 10.19g (15.67%), Saturated Fat: 2.17g (13.57%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 28.44g (10.34%), Sugar: 4.95g (5.5%), Cholesterol: 126.09mg (42.03%), Sodium: 666.51mg (28.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.67g (35.33%), Manganese: 1.49mg (74.65%), Selenium: 28.62µg (40.88%), Phosphorus: 226.22mg (22.62%), Calcium: 217.53mg (21.75%), Vitamin B1: 0.3mg (19.86%), Vitamin B2: 0.32mg (18.79%), Fiber: 4.66g (18.62%), Iron: 2.88mg (16%), Vitamin B3: 3.08mg (15.41%), Vitamin K: 15.91µg (15.16%), Magnesium: 59.97mg (14.99%), Folate: 47.27µg (11.82%), Zinc: 1.71mg (11.39%), Vitamin B5: 1.03mg (10.29%), Vitamin B6: 0.2mg (10.12%), Copper: 0.17mg (8.42%), Potassium: 264.11mg (7.55%), Vitamin B12: 0.45µg (7.52%), Vitamin E: 1.01mg (6.72%), Vitamin D: 0.73µg (4.89%), Vitamin A: 226.68IU (4.53%), Vitamin C: 1.6mg (1.94%)