



Dinner Tonight: Curried Egg Salad with Arugula and Pistachios



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



442 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups baby arugula
- ☐ 0.5 teaspoon curry powder
- ☐ 4 eggs
- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons pistachios chopped
- ☐ 1 wholewheat pita breads
- ☐ 2 servings salt and pepper black

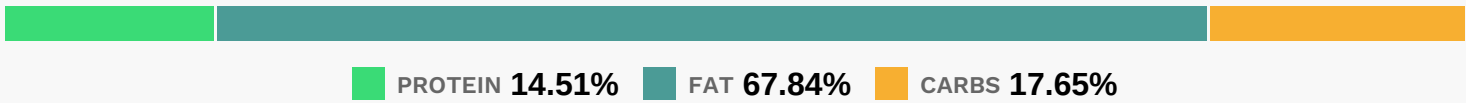
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Add the eggs to medium sized pot saucepot. Cover with water by 3 inches. Bring to boil over high heat. Reduce heat to a bare simmer. Cook for 12 minutes.
- ☐ Remove the eggs and place in a large bowl with ice water.
- ☐ Let cool for at least 10 minutes.
- ☐ Meanwhile, mix together the mayonnaise, curry powder, and pistachios in large bowl. Peel eggs and chop.
- ☐ Combine with mayonnaise mixture. Toss well. Season with salt and pepper to taste.
- ☐ Split the pita in half. Stuff some arugula inside each half, then spoon in egg salad.

Nutrition Facts



Properties

Glycemic Index:101, Glycemic Load:14.98, Inflammation Score:-6, Nutrition Score:16.648695779883%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 442.02kcal (22.1%), Fat: 33.25g (51.16%), Saturated Fat: 6.52g (40.76%), Carbohydrates: 19.47g (6.49%), Net Carbohydrates: 17.6g (6.4%), Sugar: 1.48g (1.65%), Cholesterol: 339.12mg (113.04%), Sodium: 652.36mg (28.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16g (32.01%), Vitamin K: 68.2µg (64.96%), Selenium:

28.33µg (40.47%), Vitamin B2: 0.47mg (27.37%), Phosphorus: 256.17mg (25.62%), Vitamin A: 1004.05IU (20.08%), Folate: 73.47µg (18.37%), Manganese: 0.34mg (16.87%), Vitamin B5: 1.63mg (16.35%), Vitamin B6: 0.31mg (15.46%), Iron: 2.73mg (15.15%), Vitamin E: 2.21mg (14.74%), Vitamin B12: 0.82µg (13.61%), Vitamin B1: 0.19mg (12.54%), Vitamin D: 1.82µg (12.11%), Calcium: 117.99mg (11.8%), Copper: 0.23mg (11.63%), Zinc: 1.69mg (11.28%), Magnesium: 37.87mg (9.47%), Potassium: 319.07mg (9.12%), Fiber: 1.87g (7.5%), Vitamin C: 3.48mg (4.21%), Vitamin B3: 0.84mg (4.21%)