



Egg mayo & watercress rolls



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



459 kcal

Ingredients

- ☐ 6 eggs
- ☐ 1 handful watercress roughly chopped
- ☐ 8 tbsp mayonnaise
- ☐ 20 small portugese rolls assorted

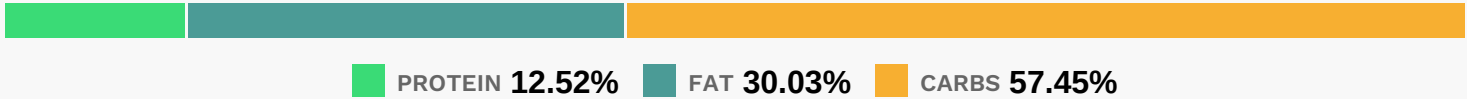
Equipment

- ☐ bowl

Directions

- ☐ Hard-boil eggs for 10 mins, then drain and cool under cold water for 5 mins. Peel, roughly chop and put in a bowl.
- ☐ Roughly chop watercress, and stir this into the eggs with some salt and pepper and mayonnaise. Divide the filling between the rolls.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:45.95, Inflammation Score:-1, Nutrition Score:8.0478260930142%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 459.32kcal (22.97%), Fat: 15.17g (23.34%), Saturated Fat: 2.12g (13.24%), Carbohydrates: 65.29g (21.76%), Net Carbohydrates: 63.16g (22.97%), Sugar: 8.82g (9.8%), Cholesterol: 102.84mg (34.28%), Sodium: 692.67mg (30.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.23g (28.45%), Iron: 21.79mg (121.03%), Vitamin K: 18.32µg (17.45%), Selenium: 8.36µg (11.94%), Fiber: 2.13g (8.52%), Vitamin B2: 0.12mg (7.23%), Phosphorus: 54.65mg (5.47%), Vitamin E: 0.64mg (4.27%), Vitamin B5: 0.42mg (4.24%), Vitamin B12: 0.25µg (4.14%), Vitamin D: 0.55µg (3.67%), Folate: 12.97µg (3.24%), Vitamin A: 152.93IU (3.06%), Calcium: 28.57mg (2.86%), Zinc: 0.36mg (2.38%), Vitamin B6: 0.05mg (2.29%), Potassium: 38.97mg (1.11%), Copper: 0.02mg (1.06%)