



Eggless Egg-Salad Sandwich



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 bibb lettuce leaves
- ☐ 0.3 cup carrots shredded
- ☐ 0.5 cup celery diced
- ☐ 1.9 inch cucumber
- ☐ 1 teaspoon curry powder
- ☐ 2 teaspoons dijon mustard
- ☐ 1 teaspoon ground turmeric
- ☐ 1 tablespoon miso soybean paste

- ☐ 1 ounce pumpernickel bread
- ☐ 0.5 cup onion diced red
- ☐ 0.5 teaspoon salt
- ☐ 1 pound spicy tofu firm drained
- ☐ 1.3 inch tomatoes

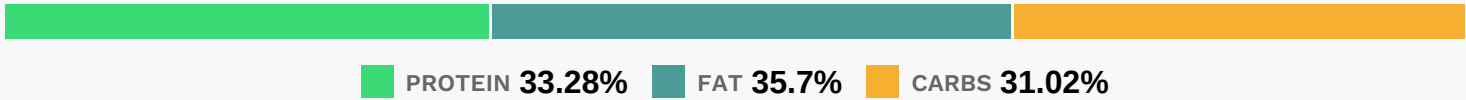
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine first 9 ingredients in a bowl; beat at medium speed of a mixer until combined (mixture will not be smooth).
- ☐ Spread 2/3 cup tofu mixture evenly over 1 bread slice; top with 3 cucumber slices, 1 lettuce leaf, 2 tomato slices, and 1 bread slice. Repeat procedure with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:66.57, Glycemic Load:2.53, Inflammation Score:-10, Nutrition Score:6.182608705014%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 113.66kcal (5.68%), Fat: 4.62g (7.11%), Saturated Fat: 0.56g (3.48%), Carbohydrates: 9.03g (3.01%), Net Carbohydrates: 6.66g (2.42%), Sugar: 1.85g (2.06%), Cholesterol: 0mg (0%), Sodium: 433.09mg (18.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.69g (19.38%), Vitamin A: 1625.95IU (32.52%), Vitamin K: 20.86µg (19.86%), Calcium: 138.52mg (13.85%), Manganese: 0.23mg (11.45%), Iron: 1.92mg (10.65%), Fiber: 2.37g (9.49%),

Folate: 25.9µg (6.48%), Potassium: 146.85mg (4.2%), Vitamin B6: 0.08mg (3.79%), Selenium: 2.61µg (3.73%), Phosphorus: 34.73mg (3.47%), Vitamin B1: 0.05mg (3.34%), Vitamin C: 2.7mg (3.28%), Magnesium: 13.06mg (3.27%), Vitamin B2: 0.05mg (3.06%), Copper: 0.05mg (2.7%), Vitamin B3: 0.42mg (2.12%), Zinc: 0.31mg (2.04%), Vitamin E: 0.23mg (1.57%), Vitamin B5: 0.13mg (1.28%)