

Endive Egg Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



227 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 eggs
- ☐ 2 tablespoons mayonnaise
- ☐ 0.3 teaspoon curry powder
- ☐ 1 serving salt and pepper to taste
- ☐ 1 small head belgian endive green red separated
- ☐ 1 tablespoon spring onion thinly sliced

Equipment

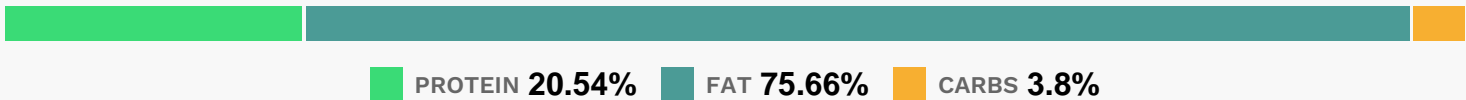
- ☐ bowl

- ☐ sauce pan
- ☐ knife
- ☐ blender

Directions

- ☐ Place eggs in single layer in 2-quart saucepan. Cover with cold water at least 1 inch above eggs. Cover saucepan; heat to boiling.
- ☐ Remove from heat; let stand covered 15 minutes.
- ☐ Drain. Immediately place eggs in cold water with ice cubes or run cold water over eggs until completely cooled.
- ☐ To peel, gently tap each egg on countertop until entire shell is finely crackled.
- ☐ Roll gently between hands to loosen shell. Starting at large end, peel egg under cold water to help remove shell.
- ☐ In medium bowl, chop eggs with knife or pastry blender.
- ☐ Add mayonnaise, curry powder, salt and pepper; mix with fork until blended. Spoon egg salad into endive leaves; sprinkle with onion.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:10.532173957514%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 227.32kcal (11.37%), Fat: 18.91g (29.09%), Saturated Fat: 4.41g (27.53%), Carbohydrates: 2.14g (0.71%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.48g (0.54%), Cholesterol: 333.24mg (111.08%), Sodium: 311.89mg (13.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.55g (23.09%), Selenium: 27.45µg (39.22%), Vitamin K: 29.54µg (28.14%), Vitamin B2: 0.42mg (24.42%), Phosphorus: 186.05mg (18.61%), Vitamin B5: 1.41mg (14.14%), Folate: 54.17µg (13.54%), Vitamin B12: 0.8µg (13.33%), Vitamin D: 1.79µg (11.92%), Vitamin A: 524.36IU (10.49%), Iron: 1.75mg (9.73%), Vitamin E: 1.45mg (9.7%), Vitamin B6: 0.17mg (8.33%), Zinc: 1.22mg (8.14%), Calcium: 58.85mg

(5.89%), Potassium: 192.31mg (5.49%), Copper: 0.08mg (4.21%), Fiber: 0.98g (3.93%), Vitamin B1: 0.06mg (3.69%), Magnesium: 14.59mg (3.65%), Manganese: 0.07mg (3.39%), Vitamin C: 1.33mg (1.62%)