

Curried Egg Sandwiches

submitted by deleted_132797



Per serving: 286 Calories • 27.3g Carbs (3.6g Fiber) • 13.4g Fat • 13.4g Protein

Ingredients

Ingredients scaled to: 4 serving

- 4 large **Egg** (200 grams)
- 1/2 cup **Light mayonnaise** (120 grams)
- 1 tsp **Curry powder** (2 grams)
- 1 dash **Salt** (0.40 grams)
- 1 dash **Pepper** (0.10 grams)
- 8 slice **Whole-wheat bread** (224 grams)

Directions

Directions are based on the original recipe of 4 servings

1. Place eggs in a saucepan in a single layer. Cover eggs with cold water to cover just about an inch over eggs. Heat over high heat, then once boiling, cover pan with lid and turn off heat. Let eggs stand for 12 minutes, then drain immediately and cool under cold water. Peel.
2. Mix together mayonnaise and curry powder in a bowl. Chop eggs up then gently stir in, then season to taste with salt and pepper. Evenly divide between 4 slices of bread, top with remaining 4 slices.