

Curried Egg Salad Tea Sandwiches

50 Tea Sandwiches
Food Network Magazine

3 hard-boiled eggs, chopped
3 tablespoons celery, chopped
3 tablespoons red onion, chopped
3 tablespoons cilantro, chopped
2 teaspoons Dijon mustard
2 teaspoons lime juice
1/4 cup mayonnaise
white bread slices
mango chutney

In a bowl, mix the eggs, celery, red onion, cilantro, Dijon mustard, lime juice and mayonnaise.

Trim the crusts from the bread. Spread the bread slices with mango chutney. Sandwich with the egg salad.

Cut into quarters.

Per Serving (excluding unknown items): 667 Calories; 63g Fat (82.1% calories from fat); 22g Protein; 9g Carbohydrate; 2g Dietary Fiber; 655mg Cholesterol; 656mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 5 1/2 Fat; 0 Other Carbohydrates.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	667	Vitamin B6 (mg):	.6mg
% Calories from Fat:	82.1%	Vitamin B12 (mcg):	1.8mcg
% Calories from Carbohydrates:	5.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	12.5%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	63g	Folacin (mcg):	84mcg
Saturated Fat (g):	11g	Niacin (mg):	1mg
Monounsaturated Fat (g):	19g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	25g	Alcohol (kcal):	0
Cholesterol (mg):	655mg	% Refused:	0 0%
Carbohydrate (g):	9g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	22g	Lean Meat:	3
Sodium (mg):	656mg	Vegetable:	1/2
Potassium (mg):	586mg	Fruit:	0

Calcium (mg): 177mg
Iron (mg): 5mg
Zinc (mg): 2mg
Vitamin C (mg): 37mg
Vitamin A (i.u.): 2071IU
Vitamin A (r.e.): 390 1/2RE

Non-Fat Milk: 0
Fat: 5 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 667 Calories from Fat: 548

% Daily Values*

Total Fat 63g 98%
Saturated Fat 11g 57%
Cholesterol 655mg 218%
Sodium 656mg 27%
Total Carbohydrates 9g 3%
Dietary Fiber 2g 7%
Protein 22g

Vitamin A 41%
Vitamin C 62%
Calcium 18%
Iron 26%

* Percent Daily Values are based on a 2000 calorie diet.