



## 4-Pepper Deviled Eggs

 Vegetarian  Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



12

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 teaspoon peppercorns whole black
- 1 teaspoon dijon mustard
- 6 hardboiled eggs cooled peeled
- 0.5 teaspoon peppercorns whole green
- 0.3 teaspoon kosher salt
- 0.5 teaspoon caper liquid
- 0.3 cup mayonnaise
- 1 teaspoon pink peppercorns whole divided

- 1 pinch sugar
- 0.5 teaspoon peppercorns whole white

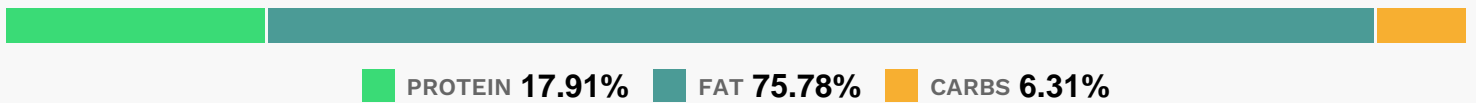
## Equipment

- mixing bowl
- ziploc bags

## Directions

- Watch how to make this recipe.
- Slice the eggs in half from top to bottom. Scoop the yolks into a medium mixing bowl and lay the whites aside.
- Place all of the peppercorns, except 1/2 teaspoon of the pink peppercorns, into a spice grinder and process until ground well.
- Add the ground peppers, caper liquid, mayonnaise, mustard, salt and sugar to the egg yolks and using a fork, stir to thoroughly combine.
- Place the mixture into a zip-top plastic bag and cut a small hole at one of the corners. Pipe the mixture into each of the white halves. Coarsely grind the remaining 1/2 teaspoon of pink peppercorns and use to garnish the top of each egg.
- Chill for at least 1 hour in the refrigerator before serving.

## Nutrition Facts



## Properties

Glycemic Index:22.36, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:3.0069565253089%

## Nutrients (% of daily need)

Calories: 74kcal (3.7%), Fat: 6.18g (9.51%), Saturated Fat: 1.37g (8.58%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 0.95g (0.34%), Sugar: 0.64g (0.71%), Cholesterol: 95.21mg (31.74%), Sodium: 118.03mg (5.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.57%), Selenium: 7.99µg (11.41%), Vitamin K: 8.59µg (8.18%), Vitamin B2: 0.13mg (7.69%), Vitamin B12: 0.28µg (4.72%), Phosphorus: 45.67mg (4.57%), Manganese: 0.09mg (4.39%), Vitamin D: 0.56µg (3.73%), Vitamin B5: 0.37mg (3.67%), Folate: 11.38µg (2.85%), Vitamin E: 0.42mg (2.78%), Vitamin A: 136.34IU (2.73%), Iron: 0.4mg (2.21%), Zinc: 0.28mg (1.88%), Vitamin B6: 0.03mg (1.64%),

Calcium: 16.16mg (1.62%), Vitamin B1: 0.02mg (1.23%), Potassium: 40.68mg (1.16%)