



April's Deviled Eggs

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 eggs
- 0.5 teaspoon garlic salt
- 1 tablespoon mayonnaise
- 1 tablespoon mustard prepared
- 0.5 teaspoon onion powder
- 1 pinch paprika for garnish

Equipment

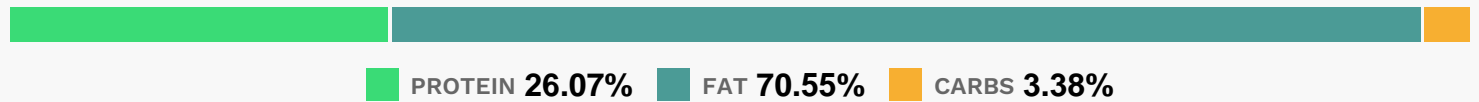
- sauce pan

mixing bowl

Directions

- Place eggs in a saucepan and cover with cold water. Bring water to a boil and boil eggs for 10 to 15 minutes.
- Remove eggs from boiling water and place in a medium saucepan of cold water until cool.
- Remove the shells and cut the eggs lengthwise to remove the yolks.
- Place yolks in a medium sized mixing bowl.
- Mix in the mustard, mayonnaise, garlic salt and onion powder with the egg yolks. Scoop the mixture into the hollowed out areas of the egg whites.
- Garnish with paprika. Refrigerate at least one hour before serving.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:4.698695662229%

Nutrients (% of daily need)

Calories: 89.93kcal (4.5%), Fat: 6.93g (10.67%), Saturated Fat: 1.8g (11.23%), Carbohydrates: 0.75g (0.25%), Net Carbohydrates: 0.54g (0.2%), Sugar: 0.26g (0.28%), Cholesterol: 165.15mg (55.05%), Sodium: 416.84mg (18.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.53%), Selenium: 14.9µg (21.29%), Vitamin B2: 0.2mg (12.04%), Phosphorus: 92.79mg (9.28%), Vitamin B5: 0.69mg (6.94%), Vitamin B12: 0.4µg (6.6%), Vitamin D: 0.89µg (5.91%), Vitamin K: 5.92µg (5.64%), Folate: 21.29µg (5.32%), Vitamin A: 254.85IU (5.1%), Iron: 0.85mg (4.75%), Zinc: 0.61mg (4.06%), Vitamin B6: 0.08mg (4%), Vitamin E: 0.6mg (3.99%), Calcium: 28.48mg (2.85%), Potassium: 70.14mg (2%), Magnesium: 7.45mg (1.86%), Copper: 0.04mg (1.85%), Vitamin B1: 0.03mg (1.75%), Manganese: 0.03mg (1.63%)