



Bacon and Cheddar Deviled Eggs

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



10

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 teaspoons add carrot and onion to bacon fat . cook
- 10 servings pepper black freshly ground
- 2 teaspoons apple cider vinegar
- 2 teaspoons dijon mustard
- 12 eggs
- 2 teaspoons thyme sprigs fresh finely chopped
- 10 servings kosher salt
- 6 tablespoons mayonnaise

Equipment

bowl

Directions

Hard-boil the eggs; cool, peel, and halve them; and carefully remove the yolks. Reserve the whites.

Combine the egg yolks, mayonnaise, mustard, bacon fat (if using), vinegar, and thyme in a medium, nonreactive bowl. Season well with salt and pepper, then mix well until the yolks are broken up and the ingredients are evenly incorporated. Evenly pipe or spoon the yolk mixture into the reserved egg white halves. As desired, top with crumbled bacon and crumbled Fiscalini bandage-wrapped cheddar.

Nutrition Facts

 **PROTEIN 18.61%**  **FAT 79.6%**  **CARBS 1.79%**

Properties

Glycemic Index:19.9, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:5.8560869654884%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg

Nutrients (% of daily need)

Calories: 148.45kcal (7.42%), Fat: 12.94g (19.91%), Saturated Fat: 3.27g (20.41%), Carbohydrates: 0.65g (0.22%), Net Carbohydrates: 0.53g (0.19%), Sugar: 0.26g (0.29%), Cholesterol: 201.46mg (67.15%), Sodium: 335.61mg (14.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.62%), Selenium: 16.75µg (23.93%), Vitamin B2: 0.25mg (14.45%), Vitamin K: 14.03µg (13.36%), Phosphorus: 108.05mg (10.81%), Vitamin B5: 0.83mg (8.3%), Vitamin B12: 0.48µg (8%), Vitamin D: 1.11µg (7.42%), Folate: 25.5µg (6.38%), Vitamin A: 310.84IU (6.22%), Iron: 1.04mg (5.78%), Vitamin E: 0.84mg (5.63%), Zinc: 0.71mg (4.74%), Vitamin B6: 0.09mg (4.64%), Calcium: 33.12mg (3.31%), Potassium: 80.58mg (2.3%), Copper: 0.04mg (2.21%), Manganese: 0.04mg (2.11%), Magnesium: 7.77mg (1.94%), Vitamin B1: 0.02mg (1.61%)