



Bacon and Cheddar Deviled Eggs

 Gluten Free

READY IN



30 min.

SERVINGS



24

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup bacon crumbled cooked
- 1.5 teaspoons dijon mustard
- 2 tablespoons spring onion fresh chopped
- 14 hardboiled eggs
- 1 teaspoon juice of lemon fresh
- 0.5 cup mayonnaise
- 0.3 teaspoon pepper
- 0.3 cup sharp cheddar cheese shredded finely

0.5 cup cream sour

Equipment

bowl

Directions

- Cut eggs lengthwise in half.
- Remove yolks to medium bowl. Reserve 24 white halves. Finely chop remaining 4 white halves.
- Mash yolks with fork.
- Add mayonnaise, sour cream, mustard, lemon juice and pepper; mix well.
- Add chopped egg whites, bacon, cheese and chives; mix well.
- Spoon 1 heaping Tbsp. yolk mixture into each reserved egg white half.
- Refrigerate, covered, to blend flavors.

Nutrition Facts

 **PROTEIN 19.07%**  **FAT 78.02%**  **CARBS 2.91%**

Properties

Glycemic Index:7.21, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:3.6313043478261%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 99.03kcal (4.95%), Fat: 8.48g (13.04%), Saturated Fat: 2.4g (14.99%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.68g (0.25%), Sugar: 0.54g (0.6%), Cholesterol: 116.31mg (38.77%), Sodium: 104.87mg (4.56%), Protein: 4.66g (9.33%), Selenium: 10.51µg (15.01%), Vitamin B2: 0.17mg (9.89%), Vitamin K: 8.87µg (8.45%), Phosphorus: 66.84mg (6.68%), Vitamin B12: 0.37µg (6.15%), Vitamin B5: 0.46mg (4.56%), Vitamin D: 0.66µg (4.43%), Vitamin A: 202.26IU (4.05%), Folate: 13.99µg (3.5%), Vitamin E: 0.49mg (3.28%), Calcium: 28.95mg (2.9%), Zinc: 0.42mg (2.83%), Vitamin B6: 0.05mg (2.38%), Iron: 0.39mg (2.18%), Vitamin B1: 0.03mg (2.05%), Potassium: 54.75mg (1.56%), Magnesium: 4.55mg (1.14%)