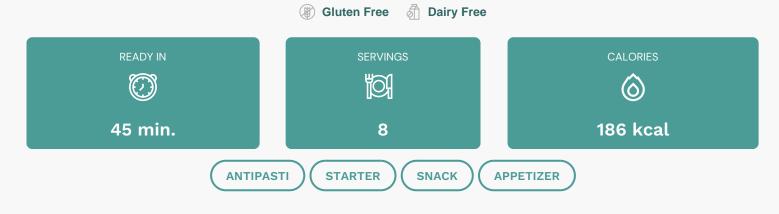


Bacon Deviled Eggs



Ingredients

Ш	3 oz bacon
	2 tablespoons spring onion thinly sliced
	8 large hardboiled eggs
	0.3 cup mayonnaise
	1 teaspoon mustard prepared
\Box	8 servings salt and pepper

Equipment

bowl

	frying pan	
	paper towels	
Directions		
	In an 8- to 10-inch frying pan over medium-high heat, cook bacon, turning slices as needed, until browned on both sides and crisp.	
	Transfer to paper towels to drain. When cool enough to handle, crumble bacon.	
	Cut each egg in half lengthwise; gently scoop out yolks and place in a bowl. Mash yolks with a fork, then stir in mayonnaise, green onions, mustard, and crumbled bacon until well blended.	
	Add salt and pepper to taste.	
	Spoon or pipe about 1 tablespoon yolk mixture into the hollow of each egg-white half.	
	Serve immediately or cover and chill up to 4 hours.	
Nutrition Facts		
	2 2 2 2 2 4 4 0	
	PROTEIN 16.95% FAT 81.1% CARBS 1.95%	

Properties

Glycemic Index:14.25, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:6.1669564907965%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 186.16kcal (9.31%), Fat: 16.53g (25.43%), Saturated Fat: 4.14g (25.88%), Carbohydrates: 0.89g (0.3%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.66g (0.73%), Cholesterol: 197.44mg (65.81%), Sodium: 392.55mg (17.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.55%), Selenium: 17.97µg (25.68%), Vitamin K: 18.48µg (17.6%), Vitamin B2: 0.27mg (15.79%), Phosphorus: 104.5mg (10.45%), Vitamin B12: 0.62µg (10.32%), Vitamin B5: 0.78mg (7.77%), Vitamin D: 1.16µg (7.74%), Folate: 23.47µg (5.87%), Vitamin E: 0.88mg (5.85%), Vitamin A: 285.4IU (5.71%), Vitamin B6: 0.09mg (4.54%), Zinc: 0.67mg (4.5%), Vitamin B1: 0.07mg (4.35%), Iron: 0.69mg (3.84%), Calcium: 27.87mg (2.79%), Potassium: 91.03mg (2.6%), Vitamin B3: 0.47mg (2.35%), Magnesium: 6.97mg (1.74%), Manganese: 0.02mg (1.02%)