



Bacon Deviled Eggs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 oz bacon
- 2 tablespoons spring onion thinly sliced
- 8 large hardboiled eggs
- 0.3 cup mayonnaise
- 1 teaspoon mustard prepared
- 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

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, 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: 0g (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%)