



## Bacon Deviled Eggs

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 3 slices bacon
- ☐ 24 servings pepper black freshly ground
- ☐ 24 servings butter melted
- ☐ 2 teaspoons dijon mustard
- ☐ 12 large eggs
- ☐ 24 servings kosher salt
- ☐ 0.3 cup mayonnaise
- ☐ 24 servings spring onion thinly sliced

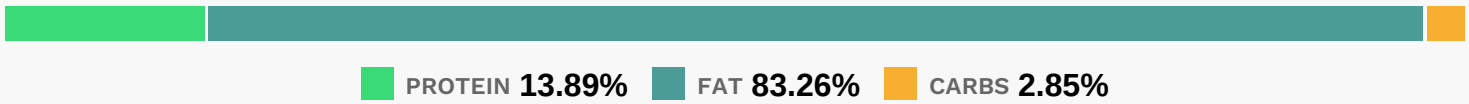
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ Place 12 large eggs in a large saucepan; add water to cover by 1". Bring to a boil, cover, and remove from heat.
- ☐ Let sit for 10 minutes.
- ☐ Drain.
- ☐ Transfer eggs to a bowl of ice water and let cool completely, about 10 minutes; peel. Halve lengthwise and remove yolks. Coarsely chop 3 slices of bacon. Cook in a medium skillet over medium heat until browned and crisp.
- ☐ Transfer bacon to paper towels. Strain drippings through a fine-mesh sieve into a small bowl.
- ☐ Add melted butter if needed to measure 2 tablespoons.
- ☐ Finely mash reserved yolks, bacon fat (and/or butter), 1/3 cup mayonnaise, 2 teaspoons Dijon mustard, and 1 heaping tablespoon chopped scallions in a medium bowl; season with kosher salt and freshly ground black pepper.
- ☐ Transfer to a large resealable freezer bag, then cut 1/2" off 1 corner. Pipe into whites; garnish with thinly sliced scallions and reserved bacon.

## Nutrition Facts



## Properties

Glycemic Index: 8.17, Glycemic Load: 0.12, Inflammation Score: -2, Nutrition Score: 3.8782608198083%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 106.65kcal (5.33%), Fat: 9.88g (15.2%), Saturated Fat: 4.09g (25.54%), Carbohydrates: 0.76g (0.25%), Net Carbohydrates: 0.56g (0.2%), Sugar: 0.26g (0.29%), Cholesterol: 106.87mg (35.62%), Sodium: 304.96mg (13.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.41%), Vitamin K: 18.09µg (17.22%), Selenium: 8.53µg (12.19%), Vitamin B2: 0.12mg (7.3%), Vitamin A: 323.65IU (6.47%), Phosphorus: 58.14mg (5.81%), Vitamin B5: 0.42mg (4.17%), Vitamin B12: 0.25µg (4.14%), Folate: 15.94µg (3.99%), Vitamin E: 0.53mg (3.52%), Vitamin D: 0.52µg (3.45%), Iron: 0.56mg (3.13%), Vitamin B6: 0.05mg (2.72%), Zinc: 0.39mg (2.61%), Calcium: 20.73mg (2.07%), Potassium: 60.32mg (1.72%), Manganese: 0.03mg (1.61%), Vitamin B1: 0.02mg (1.49%), Vitamin C: 1.13mg (1.37%), Copper: 0.03mg (1.33%), Magnesium: 5.04mg (1.26%)