



Bacon-Stuffed Eggs



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



82 kcal

SIDE DISH

Ingredients

- 0.7 cup bacon crumbled (8 slices)
- 1 tablespoon dijon mustard
- 24 servings garnish: dill sprigs fresh
- 12 eggs cooked
- 0.3 cup chives fresh chopped
- 0.8 cup mayonnaise light
- 0.3 teaspoon pepper
- 3 tablespoons relish

0.5 cup potato flakes instant

0.3 teaspoon salt

Equipment

food processor

Directions

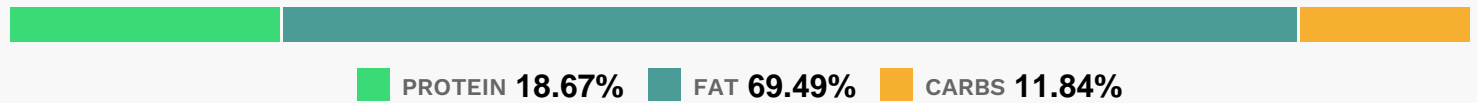
Cut eggs in half lengthwise.

Remove yolks. Process yolks, mayonnaise, and next 4 ingredients in a food processor until smooth, stopping to scrape down sides. Stir in crumbled bacon, pickle relish and chop chives into mixture.

Spoon filling into egg whites. Cover and chill up to 8 hours.

Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:5.17, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:3.1017391474351%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 82.26kcal (4.11%), Fat: 6.29g (9.68%), Saturated Fat: 1.81g (11.31%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 2.26g (0.82%), Sugar: 0.39g (0.43%), Cholesterol: 87.3mg (29.1%), Sodium: 185.57mg (8.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.61%), Selenium: 8.64µg (12.35%), Vitamin B2: 0.11mg (6.42%), Phosphorus: 57.79mg (5.78%), Vitamin K: 4.86µg (4.63%), Vitamin B5: 0.41mg (4.08%), Vitamin B12: 0.23µg (3.81%), Vitamin B6: 0.07mg (3.3%), Vitamin A: 155.81IU (3.12%), Vitamin D: 0.47µg (3.11%), Folate: 11.85µg (2.96%), Vitamin B1: 0.04mg (2.81%), Vitamin E: 0.42mg (2.77%), Iron: 0.49mg (2.7%), Zinc: 0.39mg (2.58%), Vitamin B3: 0.38mg (1.89%), Potassium: 63.92mg (1.83%), Vitamin C: 1.36mg (1.65%), Calcium: 14.59mg (1.46%), Magnesium: 5.32mg (1.33%), Copper: 0.03mg (1.25%)