



Barbecue Deviled Eggs



Gluten Free



Dairy Free



Low Fod Map

READY IN



36 min.

SERVINGS



12

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 12 large eggs
- ☐ 0.1 teaspoon hot sauce
- ☐ 0.3 cup mayonnaise
- ☐ 12 servings bell pepper
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup fatty pork smoked finely chopped
- ☐ 0.3 teaspoon salt

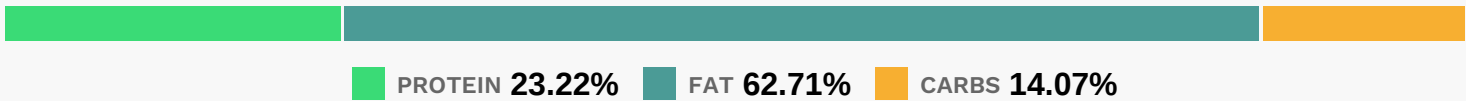
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place eggs in a single layer in a large saucepan; add water to a depth of 3 inches. Bring to a boil; cover, remove from heat, and let stand 15 minutes.
- ☐ Drain and fill pan with cold water and ice. Tap each egg firmly on the counter until cracks form all over the shell. Peel under cold running water.
- ☐ Cut eggs in half lengthwise, and carefully remove yolks. Mash yolks with mayonnaise. Stir in pork and next 4 ingredients; blend well.
- ☐ Spoon yolk mixture evenly into egg white halves.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:12.17, Glycemic Load:0.96, Inflammation Score:-9, Nutrition Score:15.008695737175%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 140.86kcal (7.04%), Fat: 9.91g (15.24%), Saturated Fat: 2.68g (16.73%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 3.36g (1.22%), Sugar: 3.36g (3.73%), Cholesterol: 192.69mg (64.23%), Sodium: 170.61mg (7.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.51%), Vitamin C: 95.44mg (115.69%), Vitamin A: 2607.5IU (52.15%), Selenium: 17.58µg (25.11%), Vitamin B2: 0.31mg (18.19%), Vitamin B6: 0.33mg (16.43%), Folate: 58.44µg (14.61%), Phosphorus: 132.34mg (13.23%), Vitamin E: 1.86mg (12.4%), Vitamin K: 11.56µg (11.01%), Vitamin B5: 1.06mg (10.6%), Vitamin B12: 0.5µg (8.28%), Vitamin B1: 0.11mg (7.42%), Iron: 1.29mg (7.18%), Potassium: 249.04mg (7.12%), Vitamin D: 1.01µg (6.73%), Zinc: 0.99mg (6.61%), Fiber: 1.64g (6.56%), Manganese: 0.11mg (5.72%), Vitamin B3: 1.06mg (5.3%), Magnesium: 16.98mg (4.25%), Calcium: 35.7mg (3.57%), Copper: 0.05mg (2.73%)