



Basic Deviled Eggs



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 large eggs
- ☐ 2 tablespoons mayonnaise
- ☐ 1 teaspoon mustard prepared
- ☐ 6 servings bell pepper
- ☐ 1 Dash pepper
- ☐ 0.1 teaspoon salt
- ☐ 1.5 tablespoons pickle relish sweet

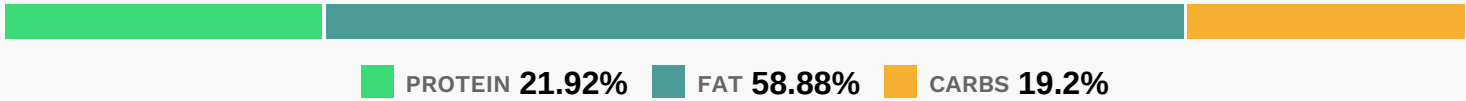
Equipment

☐ sauce pan

Directions

- ☐ Place eggs in a single layer in a saucepan; add water to depth of 3 inches. Bring to a boil; cover, remove from heat, and let stand 15 minutes.
- ☐ Drain immediately and fill the saucepan with cold water and ice. Tap each egg firmly on the counter until cracks form all over the shell. Peel under cold running water.
- ☐ Slice eggs in half lengthwise, and carefully remove yolks. Mash yolks with mayonnaise.
- ☐ Add relish, mustard, salt, and pepper; stir well. Spoon yolk mixture into egg whites.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:0.95, Inflammation Score:-9, Nutrition Score:14.54608701623%

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: 128.03kcal (6.4%), Fat: 8.52g (13.1%), Saturated Fat: 2.16g (13.5%), Carbohydrates: 6.25g (2.08%), Net Carbohydrates: 4.6g (1.67%), Sugar: 4.44g (4.94%), Cholesterol: 187.96mg (62.65%), Sodium: 191.64mg (8.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.27%), Vitamin C: 95.4mg (115.64%), Vitamin A: 2651.99IU (53.04%), Selenium: 15.82µg (22.59%), Vitamin B2: 0.29mg (17.33%), Vitamin B6: 0.3mg (15.17%), Folate: 58.1µg (14.53%), Vitamin K: 14.59µg (13.89%), Vitamin E: 1.88mg (12.53%), Phosphorus: 120.8mg (12.08%), Vitamin B5: 1.01mg (10.14%), Vitamin B12: 0.45µg (7.51%), Iron: 1.25mg (6.96%), Vitamin D: 1.01µg (6.73%), Fiber: 1.65g (6.58%), Potassium: 229.55mg (6.56%), Zinc: 0.85mg (5.66%), Manganese: 0.1mg (5.2%), Vitamin B1: 0.06mg (4.15%), Vitamin B3: 0.78mg (3.9%), Magnesium: 15.6mg (3.9%), Calcium: 34.33mg (3.43%), Copper: 0.05mg (2.68%)