



BLT Deviled Eggs



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



12

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cherry tomatoes seeded finely chopped
- ☐ 3 slices bacon crumbled cooked plus more for garnish, if desired
- ☐ 1 tablespoon parsley flakes dried
- ☐ 6 large eggs peeled
- ☐ 0.3 cup mayonnaise
- ☐ 12 servings salt and pepper black freshly ground

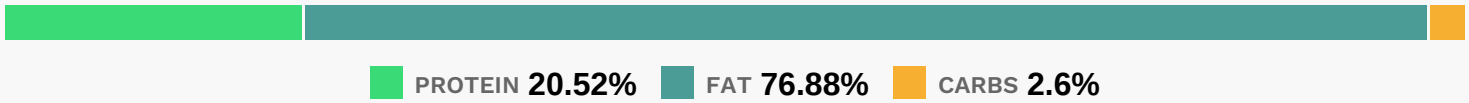
Equipment

- ☐ bowl

Directions

- ☐ Halve the eggs lengthwise.
- ☐ Remove the yolks and add them to a medium bowl. Mash the yolks with a fork and stir in the mayonnaise, bacon, tomatoes, and parsley.
- ☐ Add salt and pepper, to taste, and blend well.
- ☐ Fill the egg whites evenly with the yolk mixture and garnish with bacon, if desired. Arrange them in a container and store, covered, in the refrigerator until ready to serve.

Nutrition Facts



Properties

Glycemic Index:6.83, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:3.366956524227%

Flavonoids

Apigenin: 7.51mg, Apigenin: 7.51mg, Apigenin: 7.51mg, Apigenin: 7.51mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 78.09kcal (3.9%), Fat: 6.59g (10.13%), Saturated Fat: 1.57g (9.83%), Carbohydrates: 0.5g (0.17%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0.2g (0.22%), Cholesterol: 96.94mg (32.31%), Sodium: 99.82mg (4.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.91%), Selenium: 8.84µg (12.63%), Vitamin K: 10.19µg (9.71%), Vitamin B2: 0.12mg (7.33%), Phosphorus: 59.92mg (5.99%), Vitamin B5: 0.42mg (4.2%), Vitamin B12: 0.25µg (4.17%), Vitamin D: 0.52µg (3.45%), Folate: 12.67µg (3.17%), Vitamin A: 156.41IU (3.13%), Vitamin E: 0.46mg (3.04%), Iron: 0.53mg (2.96%), Vitamin B6: 0.06mg (2.88%), Zinc: 0.4mg (2.7%), Manganese: 0.04mg (1.99%), Calcium: 17.25mg (1.72%), Potassium: 57.39mg (1.64%), Vitamin B1: 0.02mg (1.54%), Vitamin B3: 0.26mg (1.31%), Copper: 0.03mg (1.29%), Magnesium: 4.76mg (1.19%), Vitamin C: 0.85mg (1.04%)