



BLT Deviled Eggs



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



12

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 slices bacon
- ☐ 2 cherry tomatoes minced seeded
- ☐ 1 tablespoon parsley dried
- ☐ 6 eggs
- ☐ 0.3 cup mayonnaise
- ☐ 12 servings salt and pepper black freshly ground to taste

Equipment

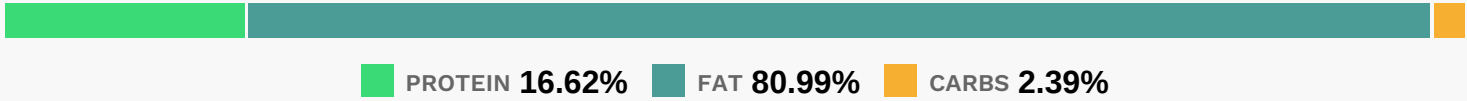
- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Place eggs in a saucepan; cover with water. Bring to a boil, remove from heat, and let eggs stand in hot water for 15 minutes.
- ☐ Remove eggs from hot water, cool under cold running water, and peel.
- ☐ Place bacon in a large skillet; cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain bacon on paper towels; crumble bacon when cool enough to handle.
- ☐ Cut eggs in half lengthwise; place egg yolks in a bowl. Mash yolks with a fork; stir in crumbled bacon, mayonnaise, tomatoes, and parsley. Season with salt and pepper.
- ☐ Arrange egg white halves on a serving platter; spoon yolk mixture into egg whites. Refrigerate, covered, until ready to serve.

Nutrition Facts



Properties

Glycemic Index:6.83, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:3.140869539717%

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: 87.38kcal (4.37%), Fat: 7.78g (11.97%), Saturated Fat: 1.97g (12.31%), Carbohydrates: 0.52g (0.17%), Net Carbohydrates: 0.43g (0.16%), Sugar: 0.19g (0.21%), Cholesterol: 87.43mg (29.14%), Sodium: 98.37mg (4.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.19%), Selenium: 8.01µg (11.44%), Vitamin K: 10.18µg (9.7%), Vitamin B2: 0.11mg (6.51%), Phosphorus: 54.14mg (5.41%), Vitamin B5: 0.38mg (3.83%), Vitamin B12: 0.23µg (3.82%), Vitamin D: 0.47µg (3.14%), Vitamin E: 0.44mg (2.93%), Vitamin A: 141.5IU (2.83%), Vitamin B6: 0.06mg (2.82%), Folate: 11.26µg (2.81%), Iron: 0.48mg (2.68%), Zinc: 0.37mg (2.47%), Manganese: 0.04mg (1.96%), Vitamin

B1: 0.03mg (1.73%), Calcium: 15.62mg (1.56%), Potassium: 54.16mg (1.55%), Vitamin B3: 0.27mg (1.35%), Copper: 0.02mg (1.19%), Magnesium: 4.44mg (1.11%), Vitamin C: 0.85mg (1.04%)