



## BLT Deviled Eggs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



15 min.

SERVINGS



15

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 slices oscar mayer bacon crumbled cooked
- 4 cherry tomatoes chopped
- 8 hard-cooked eggs
- 2 Tbsp lettuce shredded
- 0.3 cup mayo with olive oil reduced fat mayonnaise kraft
- 2 Tbsp classic ranch dressing kraft

### Equipment

- bowl

## Directions

- Cut eggs lengthwise in half.
- Remove yolks; place in medium bowl. Mash with fork.
- Add mayo and dressing; mix well. Stir in bacon and tomatoes.
- Fill egg whites with yolk mixture; top with lettuce.

## Nutrition Facts

**PROTEIN 20.09%** **FAT 74.05%** **CARBS 5.86%**

## Properties

Glycemic Index:2.13, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:3.2273912805578%

## Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 81.22kcal (4.06%), Fat: 6.58g (10.12%), Saturated Fat: 1.77g (11.05%), Carbohydrates: 1.17g (0.39%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.72g (0.8%), Cholesterol: 103.69mg (34.56%), Sodium: 122.08mg (5.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.03%), Selenium: 9.32µg (13.32%), Vitamin B2: 0.14mg (8.45%), Phosphorus: 58.33mg (5.83%), Vitamin K: 6.03µg (5.75%), Vitamin B12: 0.32µg (5.36%), Vitamin B5: 0.42mg (4.24%), Vitamin D: 0.61µg (4.04%), Vitamin A: 176.6IU (3.53%), Folate: 13.17µg (3.29%), Vitamin E: 0.48mg (3.17%), Vitamin B6: 0.05mg (2.45%), Zinc: 0.35mg (2.32%), Vitamin B1: 0.03mg (2.19%), Iron: 0.39mg (2.15%), Potassium: 57.8mg (1.65%), Calcium: 15.27mg (1.53%), Vitamin C: 1.09mg (1.32%), Vitamin B3: 0.22mg (1.11%)