



Blue Cheese Bacon Deviled Eggs

 Gluten Free

READY IN



95 min.

SERVINGS



12

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 eggs
- 0.5 cup mayonnaise
- 1 oz cheese blue crumbled
- 1 tablespoon spring onion finely chopped (1 medium)
- 1 teaspoon dijon mustard
- 0.3 teaspoon pepper freshly ground
- 0.1 teaspoon salt
- 3 slices bacon crumbled cooked

Equipment

- bowl
- sauce pan
- dutch oven

Directions

- In 4-quart saucepan or Dutch oven, place eggs in single layer.
- Add enough water to cover eggs by 1 inch.
- Heat to boiling. Immediately remove from heat; cover and let stand 15 minutes.
- Drain; rinse with cold water.
- Place eggs in bowl of ice water; let stand 10 minutes.
- To peel, gently tap each egg on countertop until entire shell is finely crackled.
- Roll gently between hands to loosen shell. Starting at large end, peel egg under cold running water.
- Cut eggs lengthwise in half. Slip yolks out into medium bowl; mash with fork. Stir mayonnaise, cheese, onions, mustard, pepper and salt into yolks.
- Spoon or pipe yolk mixture into egg white halves.
- Sprinkle with bacon. Cover and refrigerate at least 30 minutes before serving.

Nutrition Facts

 **PROTEIN 19.21%**  **FAT 79.27%**  **CARBS 1.52%**

Properties

Glycemic Index:14.42, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:5.5191304026091%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 144.6kcal (7.23%), Fat: 12.56g (19.33%), Saturated Fat: 3.15g (19.7%), Carbohydrates: 0.54g (0.18%), Net Carbohydrates: 0.5g (0.18%), Sugar: 0.25g (0.27%), Cholesterol: 171.35mg (57.12%), Sodium: 211.41mg (9.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.7%), Selenium: 15.23µg (21.75%), Vitamin K: 16.51µg (15.73%), Vitamin B2: 0.22mg (12.78%), Phosphorus: 106.68mg (10.67%), Vitamin B12: 0.45µg (7.56%), Vitamin B5: 0.76mg (7.56%), Vitamin D: 0.92µg (6.12%), Folate: 22.35µg (5.59%), Vitamin A: 267.94IU (5.36%), Vitamin E: 0.79mg (5.25%), Zinc: 0.71mg (4.74%), Iron: 0.83mg (4.63%), Vitamin B6: 0.09mg (4.54%), Calcium: 38.9mg (3.89%), Potassium: 81.18mg (2.32%), Vitamin B1: 0.03mg (2.1%), Copper: 0.04mg (1.89%), Magnesium: 6.91mg (1.73%), Vitamin B3: 0.27mg (1.36%), Manganese: 0.02mg (1.08%)