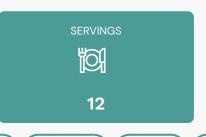


Blue Cheese Bacon Deviled Eggs

Gluten Free







ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

0.1 teaspoon salt

1 oz cheese blue crumbled
3 slices bacon crumbled cooked
1 teaspoon dijon mustard
12 eggs
1 tablespoon spring onion finely chopped (1 medium
0.5 cup mayonnaise
O.3 teaspoon pepper freshly ground

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%	
	FROIEIN 19.21/0 FAI 19.21/0 CARDS 1.32/0	

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

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: Og (100%), Alcohol %: O% (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: 267.94lU (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%)