



Caesar Stuffed Eggs

 Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



106 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons anchovy paste
- ☐ 1 small clove garlic
- ☐ 12 large hardboiled eggs peeled
- ☐ 0.5 juice of lemon
- ☐ 3 tablespoons mayonnaise
- ☐ 1 handful parmigiano-reggiano grated
- ☐ 1 teaspoon coarse pepper black
- ☐ 2 romaine lettuce leaves finely chopped

☐ 1 teaspoon worcestershire sauce

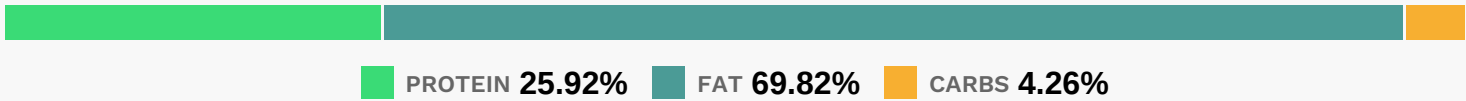
Equipment

☐ bowl

Directions

- ☐ Cut the fat rounded ends off the eggs and scoop the yolks into a bowl. Stand the hard-boiled egg whites upright in the egg carton. If you prefer to serve the eggs on a platter, trim a small piece of egg off the pointed ends so they will stand upright.
- ☐ Break the egg yolks up a little bit using a fork. Grate the garlic directly over the bowl, then add the anchovy paste, Parmigiano, mayo, Worcestershire, lemon juice, pepper and half the finely chopped lettuce. Mash until smooth and check the seasonings.
- ☐ Fill the egg whites, overstuffing them a little.
- ☐ Garnish with the remaining finely chopped lettuce.

Nutrition Facts



Properties

Glycemic Index:11.58, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:5.8952173150104%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 105.97kcal (5.3%), Fat: 8.07g (12.41%), Saturated Fat: 2.08g (13.02%), Carbohydrates: 1.11g (0.37%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.72g (0.8%), Cholesterol: 188.88mg (62.96%), Sodium: 129.22mg (5.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.47%), Selenium: 16.25µg (23.21%), Vitamin B2: 0.27mg (15.62%), Vitamin A: 671.2IU (13.42%), Vitamin K: 11.04µg (10.52%), Vitamin B12: 0.57µg (9.48%), Phosphorus: 92.28mg (9.23%), Vitamin D: 1.12µg (7.5%), Vitamin B5: 0.73mg (7.27%), Folate: 28.98µg (7.25%), Vitamin E: 0.67mg (4.49%), Iron: 0.74mg (4.13%), Zinc: 0.57mg (3.83%), Vitamin B6: 0.07mg (3.52%), Calcium: 31.93mg (3.19%), Vitamin B1: 0.04mg (2.59%), Potassium: 89.25mg (2.55%), Manganese: 0.05mg (2.35%), Magnesium: 6.9mg (1.73%), Vitamin B3: 0.25mg (1.27%)