

Cajun Deviled Eggs



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



12

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 eggs
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 tablespoons mayonnaise
- ☐ 1 teaspoon mustard dijon-style prepared
- ☐ 0.5 teaspoon salt

Equipment

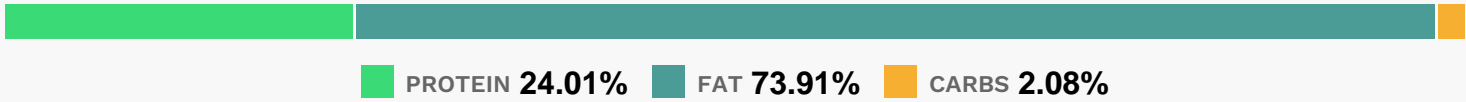
- ☐ bowl

☐ sauce pan

Directions

- ☐ Place eggs in a medium saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes.
- ☐ Remove from hot water, cool and peel.
- ☐ Slice eggs in half lengthwise.
- ☐ Remove yolks and place in a medium bowl. Set aside egg whites. Mashing with a fork, mix mayonnaise, Dijon-style mustard, salt and black pepper with the egg yolks.
- ☐ Fill the hollowed egg white halves with the yolk mixture.
- ☐ Sprinkle with cayenne pepper, adjusting the amount to taste. Cover and chill in the refrigerator until serving.

Nutrition Facts



Properties

Glycemic Index:12.17, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.3099999865112%

Nutrients (% of daily need)

Calories: 47.82kcal (2.39%), Fat: 3.86g (5.94%), Saturated Fat: 0.96g (6.03%), Carbohydrates: 0.24g (0.08%), Net Carbohydrates: 0.2g (0.07%), Sugar: 0.11g (0.12%), Cholesterol: 82.82mg (27.61%), Sodium: 147.56mg (6.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Selenium: 6.96µg (9.94%), Vitamin B2: 0.1mg (5.98%), Phosphorus: 44.69mg (4.47%), Vitamin K: 3.98µg (3.79%), Vitamin B5: 0.34mg (3.43%), Vitamin B12: 0.2µg (3.31%), Vitamin D: 0.44µg (2.96%), Vitamin A: 138.18IU (2.76%), Folate: 10.54µg (2.63%), Iron: 0.4mg (2.25%), Vitamin E: 0.32mg (2.15%), Vitamin B6: 0.04mg (1.95%), Zinc: 0.29mg (1.94%), Calcium: 13.08mg (1.31%)