



Chive and Onion Deviled Eggs

 Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 eggs
- ☐ 0.3 cup creamy pimiento cheese (from 8-oz container)
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon milk
- ☐ 1 teaspoon mustard yellow
- ☐ 0.1 teaspoon paprika
- ☐ 2 teaspoons chives fresh chopped

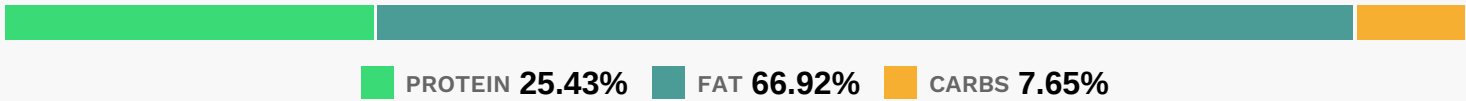
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In 2-quart saucepan, place eggs in single layer; add enough cold water to cover eggs by 1 inch. Cover saucepan; heat to boiling.
- ☐ Remove from heat; let stand covered 15 minutes.
- ☐ Drain. Immediately place eggs in cold water with ice cubes or run cold water over eggs until completely cooled.
- ☐ Peel eggs; cut in half lengthwise. Carefully remove yolks; place in small bowl.
- ☐ Add cream cheese spread, salt, milk and mustard; mash with fork until well blended and smooth. Spoon or pipe yolk mixture into egg whites.
- ☐ Sprinkle with paprika and chives.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.2543478170815%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 47.3kcal (2.37%), Fat: 3.29g (5.06%), Saturated Fat: 1.15g (7.16%), Carbohydrates: 0.85g (0.28%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.56g (0.62%), Cholesterol: 84.58mg (28.19%), Sodium: 111.31mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.62%), Selenium: 6.91µg (9.87%), Vitamin B2: 0.1mg (5.99%), Phosphorus: 44.59mg (4.46%), Vitamin A: 182.09IU (3.64%), Vitamin B5: 0.34mg (3.41%), Vitamin B12: 0.2µg (3.3%), Calcium: 31.23mg (3.12%), Vitamin D: 0.44µg (2.96%), Folate: 10.55µg (2.64%), Iron: 0.4mg (2.22%), Vitamin B6: 0.04mg (1.93%), Zinc: 0.29mg (1.93%), Vitamin E: 0.24mg (1.59%)