



Chive-Tarragon Deviled Eggs



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



100

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 leaf garnishes: chives fresh chopped
- ☐ 0.5 teaspoon mustard dry
- ☐ 12 eggs peeled
- ☐ 2 tablespoons chives fresh finely chopped
- ☐ 2 teaspoons tarragon fresh finely chopped
- ☐ 0.1 teaspoon hot sauce
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup mayonnaise

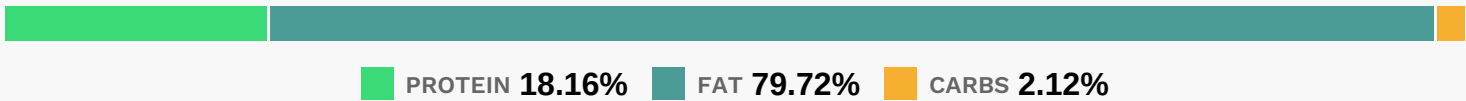
☐ 0.5 teaspoon salt

Equipment

Directions

- ☐ Cut eggs in half lengthwise; carefully remove yolks. Mash egg yolks; stir in mayonnaise, lemon juice, hot sauce, and next 4 ingredients. Spoon or pipe egg yolk mixture evenly into egg white halves. Cover and chill at least 1 hour or until ready to serve.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:2.1, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.63086957152447%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 15.39kcal (0.77%), Fat: 1.35g (2.07%), Saturated Fat: 0.3g (1.86%), Carbohydrates: 0.08g (0.03%), Net Carbohydrates: 0.07g (0.03%), Sugar: 0.03g (0.04%), Cholesterol: 20.11mg (6.7%), Sodium: 26.4mg (1.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Selenium: 1.67µg (2.39%), Vitamin K: 1.99µg (1.9%), Vitamin B2: 0.03mg (1.47%), Phosphorus: 10.95mg (1.1%)