



Classic Deviled Eggs

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 servings pepper black freshly ground
- 6 eggs
- 0.3 cup mayonnaise
- 4 servings paprika smoked spanish for garnish
- 0.1 teaspoon salt
- 1 teaspoon vinegar white
- 1 teaspoon mustard yellow

Equipment

- bowl
- paper towels
- sauce pan

Directions

- Watch how to make this recipe.
- Place eggs in a single layer in a saucepan and cover with enough water that there's 1 1/2 inches of water above the eggs.
- Heat on high until water begins to boil, then cover, turn the heat to low, and cook for 1 minute.
- Remove from heat and leave covered for 14 minutes, then rinse under cold water continuously for 1 minute.
- Crack egg shells and carefully peel under cool running water. Gently dry with paper towels. Slice the eggs in half lengthwise, removing yolks to a medium bowl, and placing the whites on a serving platter. Mash the yolks into a fine crumble using a fork.
- Add mayonnaise, vinegar, mustard, salt, and pepper, and mix well.
- Evenly disperse heaping teaspoons of the yolk mixture into the egg whites.
- Sprinkle with paprika and serve.

Nutrition Facts

PROTEIN 18.05% **FAT 79.4%** **CARBS 2.55%**

Properties

Glycemic Index:44.75, Glycemic Load:0.09, Inflammation Score:-5, Nutrition Score:8.3360870333146%

Nutrients (% of daily need)

Calories: 193.64kcal (9.68%), Fat: 16.92g (26.04%), Saturated Fat: 3.73g (23.31%), Carbohydrates: 1.23g (0.41%), Net Carbohydrates: 0.8g (0.29%), Sugar: 0.45g (0.5%), Cholesterol: 251.4mg (83.8%), Sodium: 269.77mg (11.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.31%), Selenium: 21.08µg (30.12%), Vitamin K: 24µg (22.86%), Vitamin B2: 0.32mg (18.68%), Vitamin A: 859.47IU (17.19%), Phosphorus: 138.32mg (13.83%), Vitamin B5: 1.07mg (10.66%), Vitamin B12: 0.6µg (10.07%), Vitamin E: 1.45mg (9.66%), Vitamin D: 1.35µg (8.99%), Folate: 32.31µg (8.08%), Iron: 1.43mg (7.92%), Vitamin B6: 0.14mg (6.79%), Zinc: 0.93mg (6.17%), Calcium: 41.72mg (4.17%), Potassium: 119.92mg (3.43%), Copper: 0.06mg (2.98%), Manganese: 0.05mg (2.71%), Magnesium: 10.63mg (2.66%), Vitamin B1: 0.03mg (2.24%), Fiber: 0.43g (1.71%)