



Cook the Book: Tuna-Stuffed Hard-Boiled Eggs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



213 kcal

SIDE DISH

Ingredients

- ☐ 7 ounces tuna canned flaked drained
- ☐ 8 eggs
- ☐ 4 tablespoons mayonnaise thick
- ☐ 8 olives pitted finely chopped
- ☐ 1 onion finely chopped
- ☐ 4 bell pepper red canned drained finely chopped
- ☐ 6 servings salt

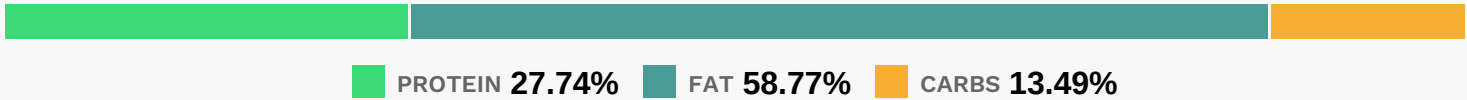
Equipment

- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ To hard boil the eggs, pour enough water to cover them into a large pan, add 1 tablespoon salt and bring to a boil.
- ☐ Add the eggs carefully and stir gently with a wooden spoon so that when they set the yolks will be in the center. Cook medium sized eggs for 12 minutes. (
- ☐ Add 1 minute for bigger eggs and subtract 1 minute for smaller eggs.)
- ☐ Drain off the hot water, fill the pan with cold water and leave the eggs until required.
- ☐ Mix the tuna and onion together, then stir in the bell peppers, olives and enough mayonnaise to bind together. Season with salt and stir again.
- ☐ Shell and halve the eggs lengthwise, then scoop out the yolks with a teaspoon, without piercing the whites.
- ☐ Cut a thin slice off the base of each egg white half so it stays upright. Finely chop the yolks and set aside.
- ☐ Using a teaspoon, fill the egg whites with the tuna mixture, and garnish around the eggs with extra mayonnaise.
- ☐ Sprinkle the egg yolks over the eggs and chill in the refrigerator until ready to serve.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:1.4, Inflammation Score:-9, Nutrition Score:20.204782651818%

Flavonoids

Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:

3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 212.82kcal (10.64%), Fat: 13.94g (21.45%), Saturated Fat: 3.17g (19.78%), Carbohydrates: 7.2g (2.4%), Net Carbohydrates: 5.05g (1.84%), Sugar: 4.41g (4.9%), Cholesterol: 234.07mg (78.02%), Sodium: 495.9mg (21.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.81g (29.62%), Vitamin C: 102.9mg (124.73%), Selenium: 40.87µg (58.38%), Vitamin A: 2846.97IU (56.94%), Vitamin B12: 1.38µg (23.06%), Vitamin B6: 0.46mg (23.04%), Vitamin B2: 0.37mg (21.75%), Vitamin B3: 4.14mg (20.68%), Phosphorus: 189.59mg (18.96%), Vitamin K: 19.49µg (18.56%), Folate: 69.5µg (17.37%), Vitamin E: 2.49mg (16.61%), Vitamin B5: 1.24mg (12.4%), Iron: 2.01mg (11.14%), Vitamin D: 1.59µg (10.59%), Potassium: 337.48mg (9.64%), Fiber: 2.15g (8.61%), Zinc: 1.22mg (8.14%), Manganese: 0.14mg (6.82%), Magnesium: 26.69mg (6.67%), Vitamin B1: 0.09mg (5.78%), Calcium: 52.22mg (5.22%), Copper: 0.09mg (4.35%)