



Creamy Deviled Egg



Vegetarian



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 hard-cooked eggs
- 0.5 cup miracle whip dressing
- 2 tsp heinz mustard yellow
- 1 dash paprika
- 1 dash pepper
- 2 Tbsp claussen pickle relish sweet

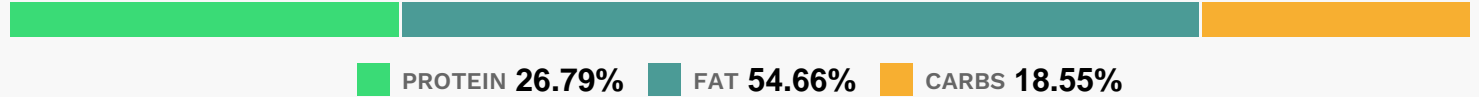
Equipment

- bowl

Directions

- Cut eggs lengthwise in half.
- Remove yolks; mash in small bowl.
- Add dressing, relish, mustard and seasonings; mix well.
- Spoon or pipe yolk mixture evenly into centers of whites.

Nutrition Facts



Properties

Glycemic Index:7.9, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.8860869611735%

Nutrients (% of daily need)

Calories: 77.27kcal (3.86%), Fat: 4.64g (7.14%), Saturated Fat: 1.39g (8.67%), Carbohydrates: 3.54g (1.18%), Net Carbohydrates: 3.22g (1.17%), Sugar: 2.65g (2.94%), Cholesterol: 150.35mg (50.12%), Sodium: 185.41mg (8.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.23%), Selenium: 12.66µg (18.09%), Vitamin B2: 0.21mg (12.18%), Vitamin B12: 0.44µg (7.4%), Phosphorus: 70.98mg (7.1%), Vitamin D: 0.88µg (5.87%), Vitamin B5: 0.56mg (5.63%), Vitamin A: 259.03IU (5.18%), Folate: 17.71µg (4.43%), Iron: 0.54mg (2.98%), Vitamin E: 0.44mg (2.91%), Zinc: 0.43mg (2.87%), Vitamin K: 2.67µg (2.55%), Vitamin B6: 0.05mg (2.49%), Calcium: 21.55mg (2.16%), Vitamin B1: 0.03mg (1.89%), Potassium: 59.26mg (1.69%), Fiber: 0.32g (1.3%), Magnesium: 4.66mg (1.17%)