



Curry Pecan Deviled Eggs

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



24

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon curry powder
- 2 tablespoons chives fresh chopped
- 12 hardboiled eggs
- 0.3 teaspoon kosher salt
- 0.5 cup mayonnaise
- 0.5 cup pecans toasted chopped
- 1 tablespoon milk whole

Equipment

bowl

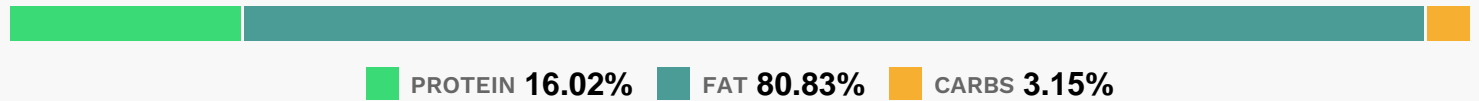
Directions

Peel the eggs and cut in half lengthwise.

Remove the yolks and place in a large bowl. Reserve the whites.

Add the mayonnaise, pecans, milk, curry powder, salt and pepper to the yolks, stirring to combine. Fill a piping bag with the yolk mixture and pipe it into the egg whites. Arrange on a platter and garnish with chives if desired.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:3.2213043408549%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 85.37kcal (4.27%), Fat: 7.66g (11.78%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 0.67g (0.22%), Net Carbohydrates: 0.45g (0.16%), Sugar: 0.42g (0.47%), Cholesterol: 95.29mg (31.76%), Sodium: 85.13mg (3.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.83%), Selenium: 7.91µg (11.3%), Vitamin K: 8.36µg (7.97%), Vitamin B2: 0.13mg (7.83%), Manganese: 0.11mg (5.26%), Phosphorus: 50.65mg (5.06%), Vitamin B12: 0.29µg (4.77%), Vitamin B5: 0.38mg (3.79%), Vitamin D: 0.57µg (3.77%), Folate: 12.02µg (3%), Vitamin E: 0.45mg (3%), Vitamin A: 146.61IU (2.93%), Zinc: 0.37mg (2.46%), Iron: 0.38mg (2.1%), Vitamin B1: 0.03mg (2.08%), Vitamin B6: 0.04mg (1.81%), Calcium: 15.62mg (1.56%), Copper: 0.03mg (1.5%), Magnesium: 5.36mg (1.34%), Potassium: 43.49mg (1.24%)