



Declaration of Independence Deviled Eggs



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 2 teaspoons dijon mustard
- ☐ 12 eggs
- ☐ 0.5 cup mayonnaise
- ☐ 12 servings salt and pepper

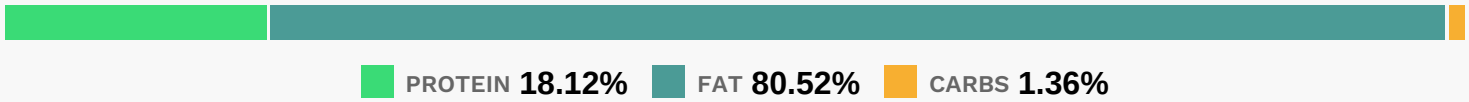
Equipment

- ☐ bowl

Directions

- ☐ Peel eggs; halve lengthwise.
- ☐ Transfer yolks to a bowl. Mash with mayonnaise, vinegar and mustard. Season to taste with salt and pepper.
- ☐ Fill each egg white half with 1 heaping tsp. filling. (Filling can be made up to 2 days ahead; fill eggs up to 2 hours ahead. Cover and refrigerate.) Arrange on a platter.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:4.9169565316128%

Nutrients (% of daily need)

Calories: 127.16kcal (6.36%), Fat: 11.19g (17.22%), Saturated Fat: 2.47g (15.45%), Carbohydrates: 0.43g (0.14%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.23g (0.26%), Cholesterol: 167.6mg (55.87%), Sodium: 324.77mg (14.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.34%), Selenium: 14.01µg (20.01%), Vitamin K: 15.36µg (14.63%), Vitamin B2: 0.2mg (11.96%), Phosphorus: 90.08mg (9.01%), Vitamin B5: 0.69mg (6.93%), Vitamin B12: 0.4µg (6.71%), Vitamin D: 0.9µg (5.99%), Folate: 21.2µg (5.3%), Vitamin E: 0.77mg (5.14%), Vitamin A: 244.26IU (4.89%), Iron: 0.81mg (4.48%), Zinc: 0.59mg (3.92%), Vitamin B6: 0.08mg (3.81%), Calcium: 26.12mg (2.61%), Potassium: 64.79mg (1.85%), Copper: 0.03mg (1.72%), Magnesium: 5.84mg (1.46%), Vitamin B1: 0.02mg (1.34%)