



Deviled Egg Appetizer Dip



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



24

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 12 eggs
- ☐ 1 teaspoon hot sauce red
- ☐ 1 cup mayonnaise
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

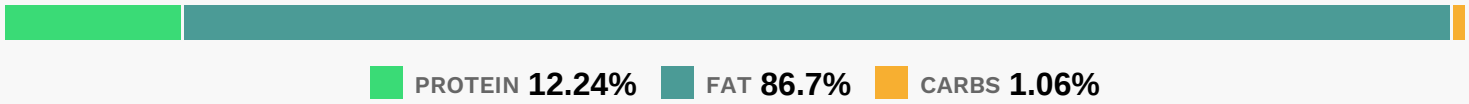
- ☐ food processor
- ☐ bowl

☐ sauce pan

Directions

- ☐ Place eggs in a saucepan and cover with water. Bring to a boil; remove saucepan from heat and let eggs cook in hot water off the heat for 12 minutes.
- ☐ Pour off hot water and place eggs in a bowl full of ice water to cool.
- ☐ Peel and halve eggs. Chop about half the egg whites and place into a bowl.
- ☐ Put remaining egg whites and yolks in a food processor with mayonnaise, Dijon mustard, white wine vinegar, and hot sauce; process till smooth and transfer to a bowl. Fold chopped egg whites into the mixture to serve.

Nutrition Facts



Properties

Glycemic Index:3.42, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.8821739499336%

Nutrients (% of daily need)

Calories: 95.56kcal (4.78%), Fat: 9.1g (13.99%), Saturated Fat: 1.78g (11.14%), Carbohydrates: 0.25g (0.08%), Net Carbohydrates: 0.22g (0.08%), Sugar: 0.15g (0.16%), Cholesterol: 85.76mg (28.59%), Sodium: 101.89mg (4.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Vitamin K: 15.29µg (14.56%), Selenium: 7.18µg (10.26%), Vitamin B2: 0.1mg (6.05%), Phosphorus: 46.31mg (4.63%), Vitamin E: 0.54mg (3.6%), Vitamin B5: 0.36mg (3.55%), Vitamin B12: 0.21µg (3.45%), Vitamin D: 0.46µg (3.06%), Folate: 10.86µg (2.72%), Vitamin A: 125.58IU (2.51%), Iron: 0.42mg (2.34%), Zinc: 0.3mg (2.02%), Vitamin B6: 0.04mg (1.94%), Calcium: 13.55mg (1.35%)