



Deviled Eggs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



24

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 eggs
- 24 servings hot sauce such as tabasco
- 0.3 cup mayo
- 24 servings paprika for sprinkling
- 1 teaspoon juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer)
- 2 teaspoons toppings: such as pickles chopped
- 24 servings salt and pepper black
- 1 teaspoon sugar

- 1 teaspoon vinegar white
- 1 teaspoon mustard yellow

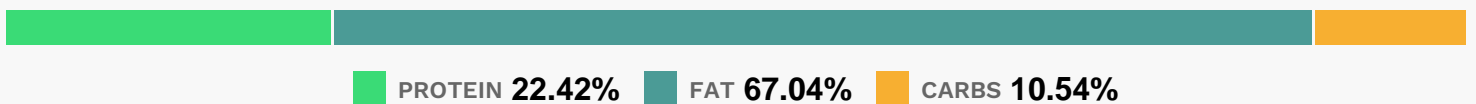
Equipment

- bowl
- pot
- slotted spoon

Directions

- Watch how to make this recipe.
- Fill a large pot with enough water to cover the eggs, then bring to a boil. Using a slotted spoon gently lower the eggs into the boiling water. Cover and let simmer for 10 minutes.
- Remove the eggs from the heat and run under cold water until completely cooled.
- Peel the eggs, cut in half and scoop out the yolks into a medium bowl.
- Add the mayo, mustard, pickles, pickle juice, sugar, vinegar, hot sauce and salt and pepper to taste, and mix with a fork until well combined.
- Using a small spoon, fill each egg white half with a generous teaspoon of filling. Lightly sprinkle with paprika to garnish.

Nutrition Facts



Properties

Glycemic Index:9.05, Glycemic Load:0.18, Inflammation Score:-6, Nutrition Score:4.0982608480946%

Nutrients (% of daily need)

Calories: 53.89kcal (2.69%), Fat: 4.11g (6.32%), Saturated Fat: 1.01g (6.28%), Carbohydrates: 1.45g (0.48%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.48g (0.53%), Cholesterol: 82.82mg (27.61%), Sodium: 252.55mg (10.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Vitamin A: 1106.46IU (22.13%), Selenium: 7.01µg (10.01%), Vitamin B2: 0.13mg (7.42%), Vitamin E: 0.89mg (5.94%), Vitamin K: 5.55µg (5.29%), Phosphorus: 50.64mg (5.06%), Iron: 0.82mg (4.55%), Vitamin B6: 0.08mg (4.04%), Vitamin B5: 0.39mg (3.92%), Vitamin B12: 0.2µg (3.31%), Vitamin D: 0.44µg (2.96%), Folate: 11.49µg (2.87%), Fiber: 0.71g (2.85%), Zinc: 0.38mg (2.51%), Potassium:

77.39mg (2.21%), Manganese: 0.04mg (1.99%), Calcium: 17.58mg (1.76%), Magnesium: 6.36mg (1.59%), Copper: 0.03mg (1.55%), Vitamin B3: 0.22mg (1.1%), Vitamin B1: 0.02mg (1.08%)