



## Deviled Eggs



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



15

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 teaspoons dijon mustard
- ☐ 12 large eggs
- ☐ 4 tablespoons mayonnaise
- ☐ 1 pinch pepper
- ☐ 0.3 teaspoon salt

## Equipment

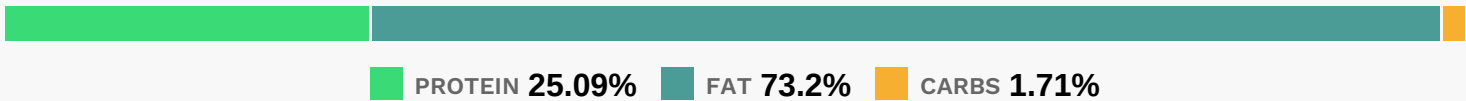
- ☐ bowl
- ☐ sauce pan

☐ slotted spoon

## Directions

- ☐ Place eggs in a saucepan large enough to hold them all in one layer. Cover with water. Bring to boil, then lower heat to a simmer and cook for 9 minutes. Fill a large bowl halfway with ice and water. When eggs have cooked, transfer them with a slotted spoon to ice bath.
- ☐ Let cool completely.
- ☐ Peel eggs; cut each in half lengthwise.
- ☐ Remove yolks and place in a bowl. Mash yolks with a fork until smooth.
- ☐ Add mayonnaise, mustard, salt and pepper and mix until blended.
- ☐ Transfer yolk mixture to a piping bag fitted with a plain or star tip, or to a ziplock bag. If using ziplock bag, seal bag and snip off one corner. Pipe yolk mixture into empty egg whites.

## Nutrition Facts



## Properties

Glycemic Index:7.6, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:4.0486956280859%

## Nutrients (% of daily need)

Calories: 83.01kcal (4.15%), Fat: 6.62g (10.18%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 0.35g (0.12%), Net Carbohydrates: 0.32g (0.12%), Sugar: 0.18g (0.2%), Cholesterol: 150.37mg (50.12%), Sodium: 126.6mg (5.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.21%), Selenium: 12.59µg (17.99%), Vitamin B2: 0.18mg (10.82%), Phosphorus: 80.71mg (8.07%), Vitamin B5: 0.62mg (6.22%), Vitamin B12: 0.36µg (6.01%), Vitamin K: 6.23µg (5.93%), Vitamin D: 0.81µg (5.38%), Folate: 19.03µg (4.76%), Vitamin A: 218.94IU (4.38%), Iron: 0.72mg (4%), Vitamin E: 0.54mg (3.63%), Zinc: 0.53mg (3.51%), Vitamin B6: 0.07mg (3.44%), Calcium: 23.17mg (2.32%), Potassium: 57.04mg (1.63%), Copper: 0.03mg (1.51%), Magnesium: 5.17mg (1.29%), Vitamin B1: 0.02mg (1.18%)