



Deviled Eggs



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



37 min.

SERVINGS



24

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 eggs
- ☐ 4 tablespoons mayonnaise
- ☐ 24 servings bell pepper
- ☐ 2 teaspoons relish sweet
- ☐ 24 servings salt
- ☐ 2 teaspoons mustard yellow

Equipment

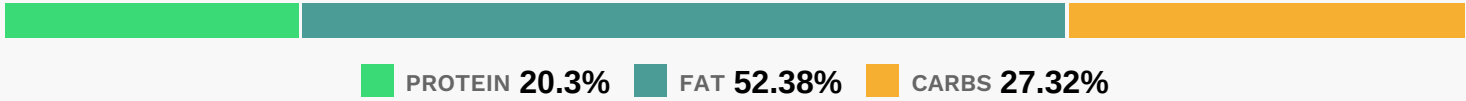
- ☐ bowl

- ☐ sauce pan
- ☐ ziploc bags

Directions

- ☐ Watch how to make this recipe.
- ☐ Place eggs in a large wide saucepan and cover with cold water. Bring to a boil for 12 minutes.
- ☐ Remove eggs and and cool in refrigerator.
- ☐ Remove shells from eggs and slice in half lengthwise. Separate egg yolks and place into a bowl.
- ☐ Place whites on a separate plate.
- ☐ Add mayo, mustard, relish and salt and pepper, to taste, to yolks and mash together with a fork until creamy and smooth. Using a large star tip and resealable plastic bag, pipe the yolk mixture back into each egg, enough to fill yolk holes completely. Dust tops with paprika. Refrigerate.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:11.530000012854%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 67.33kcal (3.37%), Fat: 4.08g (6.27%), Saturated Fat: 1.01g (6.29%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 3.19g (1.16%), Sugar: 3.23g (3.59%), Cholesterol: 82.82mg (27.61%), Sodium: 251.96mg (10.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.11%), Vitamin C: 95.37mg (115.59%), Vitamin A: 2453.9IU (49.08%), Vitamin B6: 0.25mg (12.74%), Folate: 44.76µg (11.19%), Selenium: 7.02µg (10.03%), Vitamin E: 1.49mg (9.91%), Vitamin B2: 0.16mg (9.69%), Vitamin K: 7.53µg (7.17%), Phosphorus: 64.04mg (6.4%), Fiber: 1.59g (6.35%), Vitamin B5: 0.58mg (5.79%), Potassium: 189.01mg (5.4%), Manganese: 0.09mg (4.6%), Iron: 0.72mg (4.02%),

Vitamin B3: 0.75mg (3.75%), Vitamin B1: 0.05mg (3.35%), Vitamin B12: 0.2µg (3.31%), Zinc: 0.48mg (3.18%),
Magnesium: 11.89mg (2.97%), Vitamin D: 0.44µg (2.96%), Calcium: 18.13mg (1.81%), Copper: 0.03mg (1.49%)