



Deviled Eggs

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



12

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

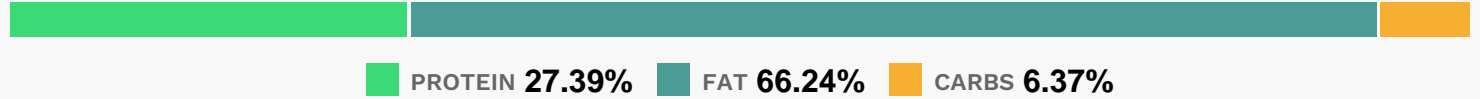
- 0.5 teaspoon ground mustard
- 6 hardboiled eggs peeled
- 0.1 teaspoon pepper
- 3 tablespoons salad dressing
- 0.1 teaspoon salt

Equipment

Directions

- Cut eggs lengthwise in half. Slip out yolks and mash with fork.
- Stir in mayonnaise, mustard, salt and pepper. Fill whites with egg yolk mixture, heaping it lightly. Cover and refrigerate up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.4047826395734%

Nutrients (% of daily need)

Calories: 47.63kcal (2.38%), Fat: 3.42g (5.26%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 0.74g (0.25%), Net Carbohydrates: 0.72g (0.26%), Sugar: 0.66g (0.74%), Cholesterol: 93.25mg (31.08%), Sodium: 89.99mg (3.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.37%), Selenium: 7.94µg (11.35%), Vitamin B2: 0.13mg (7.56%), Vitamin B12: 0.28µg (4.63%), Phosphorus: 44.25mg (4.42%), Vitamin D: 0.55µg (3.67%), Vitamin B5: 0.35mg (3.5%), Folate: 11.14µg (2.78%), Vitamin A: 131.4IU (2.63%), Vitamin E: 0.34mg (2.26%), Vitamin K: 2.07µg (1.97%), Zinc: 0.27mg (1.8%), Iron: 0.32mg (1.76%), Vitamin B6: 0.03mg (1.64%), Calcium: 13.28mg (1.33%), Vitamin B1: 0.02mg (1.19%), Potassium: 35.34mg (1.01%)