



Deviled Eggs

 Vegetarian  Gluten Free  Popular  Low Fod Map

READY IN



35 min.

SERVINGS



12

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 large hardboiled eggs
- 2 tablespoons miracle whip (I prefer Miracle Whip)
- 12 servings paprika
- 12 servings salt and pepper black
- 2 tablespoons relish sweet
- 1 teaspoon mustard yellow prepared

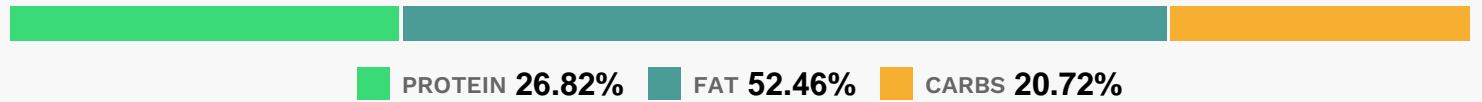
Equipment

- bowl

Directions

- Peel shells off cooled hard-boiled eggs; slice into halves lengthwise.2
- Remove yolks from whites and place in a small round bowl.3 Mash yolks with a fork into fine pieces.4
- Add 2 heaping tablespoons Miracle Whip salad dressing, yellow mustard, sweet pickle relish, and salt and black pepper to taste.5 Stir mixture until creamy.6 Spoon mixture into a zip-lock sandwich bag; seal bag and snip off one corner of the bag.7 Squeeze mixture out of corner of bag into egg white halves.8
- Sprinkle tops of filled deviled eggs with paprika.9 Chill in refrigerator 1 to 2 hours or until cold before serving.

Nutrition Facts



Properties

Glycemic Index:3.92, Glycemic Load:0.06, Inflammation Score:-6, Nutrition Score:4.2578261489777%

Nutrients (% of daily need)

Calories: 50.13kcal (2.51%), Fat: 3.01g (4.63%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 2.67g (0.89%), Net Carbohydrates: 1.88g (0.68%), Sugar: 1.49g (1.66%), Cholesterol: 93.49mg (31.16%), Sodium: 272.02mg (11.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin A: 1147.67IU (22.95%), Selenium: 7.97µg (11.38%), Vitamin B2: 0.15mg (9.06%), Vitamin E: 0.86mg (5.7%), Phosphorus: 50.21mg (5.02%), Vitamin B12: 0.28µg (4.63%), Iron: 0.75mg (4.19%), Vitamin B5: 0.4mg (4.01%), Vitamin B6: 0.07mg (3.69%), Vitamin D: 0.55µg (3.67%), Vitamin K: 3.78µg (3.6%), Fiber: 0.79g (3.18%), Folate: 12.03µg (3.01%), Zinc: 0.36mg (2.37%), Potassium: 79.7mg (2.28%), Manganese: 0.04mg (2.05%), Calcium: 17.7mg (1.77%), Magnesium: 6.39mg (1.6%), Vitamin B1: 0.02mg (1.59%), Vitamin B3: 0.23mg (1.13%)