



## Deviled Eggs

 Vegetarian  Gluten Free  Dairy Free  Popular

READY IN



30 min.

SERVINGS



24

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 teaspoons dijon mustard
- ☐ 12 eggs
- ☐ 0.3 cup mayonnaise
- ☐ 1 Tbsp onion minced
- ☐ 24 servings paprika
- ☐ 24 servings salt and pepper
- ☐ 0.3 teaspoon tabasco

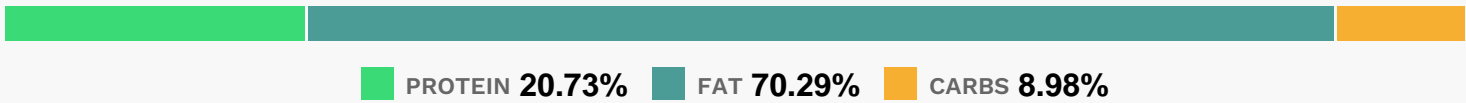
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ mixing bowl

## Directions

- ☐ First hard boil the eggs. (See how to make hard boiled eggs.) Fill up a large saucepan half-way with water and gently add the eggs. Cover the eggs with at least an inch of water.
- ☐ Add a teaspoon of vinegar to the water (this will help contain egg whites from leaking out if any of the shells crack while cooking).
- ☐ Add a pinch of salt to the water. Bring the water to a boil. Cover, and remove from heat.
- ☐ Let sit covered for 12-15 minutes.
- ☐ Drain hot water from pan and run cold water over the eggs. (At this point if you crack the egg shells while the eggs are cooling, it will make it easier to peel the shells.)
- ☐ Let sit in the cool water a few minutes, changing the water if necessary to keep it cool.2 Peel the eggs. Using a sharp knife, slice each egg in half, lengthwise. Gently remove the yolk halves and place in a small mixing bowl. Arrange the egg white halves on a serving platter. 3 Using a fork, mash up the yolks and add mustard, mayonnaise, onion, tabasco, and a sprinkling of salt and pepper. Spoon egg yolk mixture into the egg white halves.
- ☐ Sprinkle with paprika.

## Nutrition Facts



## Properties

Glycemic Index:5.29, Glycemic Load:0.08, Inflammation Score:-6, Nutrition Score:4.1869565031451%

## Nutrients (% of daily need)

Calories: 58.81kcal (2.94%), Fat: 4.69g (7.22%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 0.62g (0.23%), Sugar: 0.35g (0.38%), Cholesterol: 83.15mg (27.72%), Sodium: 251.88mg (10.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.23%), Vitamin A: 1106.28IU (22.13%), Selenium: 7.1µg (10.14%), Vitamin B2: 0.13mg (7.42%), Vitamin K: 6.75µg (6.43%), Vitamin E: 0.92mg (6.11%), Phosphorus: 51.2mg (5.12%), Iron: 0.83mg (4.6%), Vitamin B6: 0.08mg (4.11%), Vitamin B5: 0.4mg (3.95%), Vitamin B12: 0.2µg (3.33%),

Vitamin D: 0.45µg (2.97%), Fiber: 0.73g (2.92%), Folate: 11.65µg (2.91%), Zinc: 0.38mg (2.53%), Potassium: 78.7mg (2.25%), Manganese: 0.04mg (2.08%), Calcium: 17.69mg (1.77%), Magnesium: 6.53mg (1.63%), Copper: 0.03mg (1.58%), Vitamin B1: 0.02mg (1.12%), Vitamin B3: 0.22mg (1.1%)