



Deviled Eggs

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 tsp dijon mustard
- 0.3 tsp garlic powder
- 0.3 cup water
- 0.3 tsp onion powder
- 1 dash paprika
- 6 small potatoes red
- 1 dash salt black

Equipment

melon baller

Directions

- Boil potatoes until fork-tender, then let cool completely. Meanwhile, mix hummus, mustard, garlic and onion together, plus a pinch of black salt, stirring to combine. (
- Add hot sauce here if you prefer a spicy deviled egg). Taste, adding more Dijon or black salt to taste, then set aside. Once potatoes cool, slice in half long-ways and use a little spoon or melon baller to scoop out a small circle of the potato flesh (this is your "egg"). Spoon hummus mixture into the hole and garnish with paprika or smoked paprika.

Amount Per Serving

Calories

Fat

60g

Carbohydrate

40g Dietary Fiber 18g Sugars 0.90g Protein 2.10g

Nutrition Facts



Properties

Glycemic Index: 6.29, Glycemic Load: 0.1, Inflammation Score: -2, Nutrition Score: 4.0391304415205%

Flavonoids

Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 68.48kcal (3.42%), Fat: 0.62g (0.95%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 12.57g (4.57%), Sugar: 1.1g (1.23%), Cholesterol: 0mg (0%), Sodium: 39.18mg (1.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.07%), Potassium: 400.04mg (11.43%), Vitamin C: 7.32mg (8.88%), Manganese: 0.16mg (8.07%), Vitamin B6: 0.16mg (7.82%), Fiber: 1.77g (7.09%), Copper: 0.14mg (7.08%), Phosphorus: 61.44mg (6.14%), Magnesium: 22.51mg (5.63%), Vitamin B1: 0.08mg (5.25%), Vitamin B3: 1.01mg (5.04%), Folate: 19.63µg (4.91%), Iron: 0.75mg (4.19%), Zinc: 0.38mg (2.53%), Vitamin B5: 0.25mg (2.45%), Vitamin K: 2.48µg (2.36%), Vitamin B2: 0.03mg (1.76%), Calcium: 10.78mg (1.08%)