

Deviled Eggs I



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 eggs
- ☐ 2 tablespoons mayonnaise
- ☐ 0.5 teaspoon ground mustard
- ☐ 0.5 teaspoon paprika

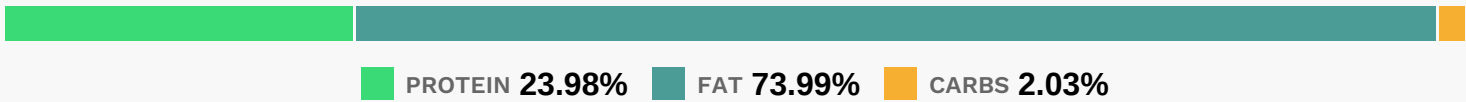
Equipment

- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Place eggs in a pot of salted water. Bring the water to a boil, and let eggs cook in boiling water until they are hard boiled, approximately 10 to 15 minutes.
- ☐ Drain eggs, and let cool.
- ☐ Cut eggs in half, lengthwise.
- ☐ Remove the egg yolks and mash them together in a small mixing bowl.
- ☐ Mix in the paprika, mayonnaise, and dry mustard. Spoon mixture into the egg whites; cool and serve.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:4.6708695313529%

Nutrients (% of daily need)

Calories: 95.97kcal (4.8%), Fat: 7.76g (11.93%), Saturated Fat: 1.93g (12.06%), Carbohydrates: 0.48g (0.16%), Net Carbohydrates: 0.4g (0.15%), Sugar: 0.22g (0.24%), Cholesterol: 165.64mg (55.21%), Sodium: 92.25mg (4.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.31%), Selenium: 13.97µg (19.96%), Vitamin B2: 0.2mg (12.03%), Phosphorus: 90mg (9%), Vitamin K: 7.88µg (7.51%), Vitamin B5: 0.69mg (6.88%), Vitamin B12: 0.4µg (6.62%), Vitamin A: 322.77IU (6.46%), Vitamin D: 0.89µg (5.93%), Folate: 21.26µg (5.32%), Iron: 0.83mg (4.61%), Vitamin E: 0.67mg (4.48%), Vitamin B6: 0.08mg (3.97%), Zinc: 0.59mg (3.95%), Calcium: 25.84mg (2.58%), Potassium: 66.68mg (1.91%), Copper: 0.03mg (1.74%), Magnesium: 6.24mg (1.56%), Vitamin B1: 0.02mg (1.33%)