



Deviled Eggs II

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



35 min.

SERVINGS



12

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 eggs
- 2 leaves lettuce
- 1 tablespoon mayonnaise
- 0.3 teaspoon mustard prepared
- 1 teaspoon paprika
- 12 servings salt and pepper to taste
- 1 teaspoon vinegar white

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. Once cool, remove the shell, cut the eggs in half lengthwise and scoop out the yolks.

Place the yolks in a medium-size mixing bowl and mash them. Blend in vinegar, mayonnaise, mustard, salt and pepper. You may need to add more mayonnaise to hold the mixture together, but it should be slightly dry.

Carefully put the egg yolk mixture back into the egg whites but do not pack it. There will be enough mixture so the whites are overfilled.

Sprinkle with paprika.

Place on bed of lettuce and/or garnish with parsley. Cool before serving.

Nutrition Facts



PROTEIN 28.65% **FAT 68.31%** **CARBS 3.04%**

Properties

Glycemic Index:14.92, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.331304365688%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 40.19kcal (2.01%), Fat: 2.99g (4.6%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 0.3g (0.1%), Net Carbohydrates: 0.22g (0.08%), Sugar: 0.13g (0.15%), Cholesterol: 82.33mg (27.44%), Sodium: 233.84mg (10.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.65%), Selenium: 6.83µg (9.76%), Vitamin B2: 0.1mg (6.07%), Phosphorus: 44.72mg (4.47%), Vitamin A: 208.42IU (4.17%), Vitamin B5: 0.34mg (3.45%), Vitamin B12: 0.2µg (3.29%), Vitamin D: 0.44µg (2.95%), Folate: 10.87µg (2.72%), Iron: 0.43mg (2.4%), Vitamin K: 2.42µg (2.31%), Vitamin E: 0.32mg (2.14%), Vitamin B6: 0.04mg (2.08%), Zinc: 0.3mg (1.97%), Calcium: 13.25mg (1.32%), Potassium: 36.48mg (1.04%)