



Deviled Eggs with Assorted Toppings

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



304 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 servings bacon smoked fresh sour black spanish cooked chopped (dill, parsley, chives)
- 1 spring onion finely chopped
- 12 hardboiled eggs peeled
- 2 teaspoons hot sauce
- 0.5 cup mayonnaise
- 8 servings salt and pepper freshly ground

Equipment

- plastic wrap

Directions

- Slice eggs in half lengthwise, and carefully remove yolks. Reserve egg whites.
- Mash yolks with mayonnaise, onion, and hot sauce until well blended.
- Add salt and pepper to taste. Spoon or pipe yolk mixture into reserved egg whites; cover loosely with plastic wrap.
- Serve immediately, or cover and chill up to 1 day.
- Serve with desired toppings.

Nutrition Facts

PROTEIN 16.54% **FAT 81.68%** **CARBS 1.78%**

Properties

Glycemic Index:10.25, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:9.5034782802281%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 303.78kcal (15.19%), Fat: 27.17g (41.8%), Saturated Fat: 7.01g (43.84%), Carbohydrates: 1.33g (0.44%), Net Carbohydrates: 1.29g (0.47%), Sugar: 0.97g (1.07%), Cholesterol: 300.15mg (100.05%), Sodium: 548mg (23.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.38g (24.76%), Selenium: 27.85µg (39.79%), Vitamin K: 26.17µg (24.93%), Vitamin B2: 0.41mg (23.96%), Phosphorus: 164.29mg (16.43%), Vitamin B12: 0.96µg (15.99%), Vitamin B5: 1.2mg (11.97%), Vitamin D: 1.77µg (11.77%), Vitamin E: 1.34mg (8.9%), Folate: 34.72µg (8.68%), Vitamin A: 423.82IU (8.48%), Vitamin B6: 0.15mg (7.64%), Vitamin B1: 0.11mg (7.52%), Zinc: 1.08mg (7.17%), Iron: 1.04mg (5.78%), Vitamin B3: 0.94mg (4.72%), Potassium: 146.48mg (4.19%), Calcium: 41mg (4.1%), Magnesium: 10.64mg (2.66%), Manganese: 0.03mg (1.31%), Vitamin C: 1.03mg (1.25%), Copper: 0.02mg (1.17%)