



Deviled Eggs with Bacon

 Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



15

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 slices oscar mayer bacon crumbled cooked
- 0.3 tsp cayenne pepper
- 1 tsp grey poupon dijon mustard
- 3 Tbsp chives fresh divided chopped
- 6 hard-cooked eggs
- 0.3 cup real mayo mayonnaise kraft

Equipment

- bowl

Directions

- Cut eggs lengthwise in half.
- Remove yolks; place in small bowl. Mash with fork.
- Add mayo, 2 Tbsp. chives, mustard and pepper; mix well.
- Spoon yolk mixture into egg whites; sprinkle with bacon and remaining chives.

Nutrition Facts

PROTEIN 15.28% **FAT 82.93%** **CARBS 1.79%**

Properties

Glycemic Index:10.6, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.6556521628214%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 83.68kcal (4.18%), Fat: 7.61g (11.71%), Saturated Fat: 1.82g (11.4%), Carbohydrates: 0.37g (0.12%), Net Carbohydrates: 0.33g (0.12%), Sugar: 0.27g (0.3%), Cholesterol: 79.59mg (26.53%), Sodium: 89.23mg (3.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.31%), Selenium: 7.28µg (10.4%), Vitamin K: 9.48µg (9.03%), Vitamin B2: 0.11mg (6.37%), Phosphorus: 42.58mg (4.26%), Vitamin B12: 0.25µg (4.17%), Vitamin B5: 0.32mg (3.16%), Vitamin D: 0.47µg (3.12%), Vitamin A: 147.7IU (2.95%), Vitamin E: 0.4mg (2.66%), Folate: 9.73µg (2.43%), Vitamin B6: 0.04mg (1.9%), Zinc: 0.28mg (1.84%), Vitamin B1: 0.03mg (1.8%), Iron: 0.28mg (1.58%), Calcium: 11.42mg (1.14%), Potassium: 37.79mg (1.08%)