



Deviled Eggs with Capers and Tarragon



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon capers minced drained
- ☐ 12 servings celery sliced
- ☐ 1.5 teaspoons dijon mustard
- ☐ 4 teaspoons tarragon fresh chopped
- ☐ 6 hardboiled eggs
- ☐ 1 tablespoon mayonnaise
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 teaspoons shallots minced

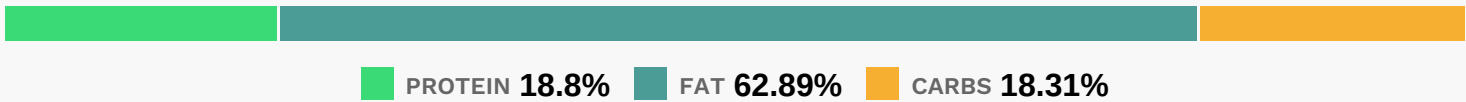
Equipment

☐ bowl

Directions

- ☐ Shell eggs, then cut in half lengthwise.
- ☐ Transfer yolks to small bowl and mash with fork.
- ☐ Mix in oil, mayonnaise, and mustard. Stir in minced celery, tarragon, capers, and shallot. Season to taste with salt and pepper.
- ☐ Spoon yolk mixture into whites.
- ☐ Garnish each with celery slice. (Can be made 4 hours ahead. Cover loosely and refrigerate.)

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:0.7, Inflammation Score:-5, Nutrition Score:7.6139131628949%

Flavonoids

Apigenin: 3.14mg, Apigenin: 3.14mg, Apigenin: 3.14mg, Apigenin: 3.14mg Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 85.45kcal (4.27%), Fat: 6.12g (9.42%), Saturated Fat: 1.34g (8.36%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 2.14g (0.78%), Sugar: 1.8g (2%), Cholesterol: 93.74mg (31.25%), Sodium: 152.24mg (6.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Vitamin K: 35.79µg (34.08%), Folate: 52.8µg (13.2%), Vitamin A: 654.04IU (13.08%), Selenium: 8.42µg (12.03%), Vitamin B2: 0.2mg (11.85%), Potassium: 340.21mg (9.72%), Manganese: 0.18mg (8.85%), Fiber: 1.87g (7.47%), Phosphorus: 72.67mg (7.27%), Calcium: 64.99mg (6.5%), Vitamin B6: 0.13mg (6.48%), Vitamin B5: 0.63mg (6.25%), Vitamin E: 0.94mg (6.25%), Vitamin B12: 0.28µg (4.65%), Vitamin C: 3.8mg (4.61%), Magnesium: 17.51mg (4.38%), Iron: 0.77mg (4.3%), Vitamin D: 0.55µg (3.68%), Zinc: 0.44mg (2.94%), Vitamin B1: 0.04mg (2.86%), Copper: 0.05mg (2.49%), Vitamin B3: 0.44mg (2.18%)