



Deviled Eggs with Creamy Sweet Pepper and Ham

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bell pepper green finely chopped
- 0.5 cup oscar mayer baked ham cooked finely chopped
- 1 doz. hard-cooked eggs
- 2 Tbsp horseradish kraft
- 0.5 tsp paprika smoked
- 0.5 cup philadelphia

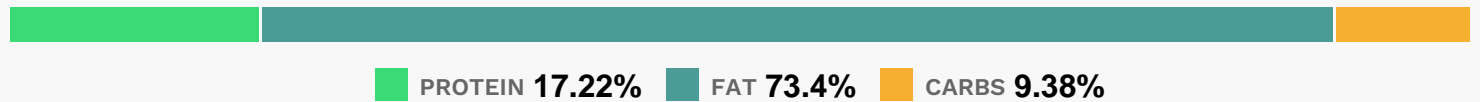
Equipment

bowl

Directions

- Cut eggs lengthwise in half.
- Remove yolks; place 4 in medium bowl. Refrigerate remaining yolks for another use. (See tip.)
- Add reduced-fat cream cheese and horseradish sauce to yolks in bowl; mix well. Stir in peppers and ham.
- Spoon into centers of egg whites.
- Sprinkle with paprika.
- Refrigerate 30 min.

Nutrition Facts



Properties

Glycemic Index:1.93, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.60478260854016%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 15.24kcal (0.76%), Fat: 1.26g (1.94%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 0.36g (0.12%), Net Carbohydrates: 0.29g (0.1%), Sugar: 0.23g (0.25%), Cholesterol: 7.66mg (2.55%), Sodium: 30.66mg (1.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.33%), Vitamin C: 2.29mg (2.78%), Selenium: 0.93µg (1.33%), Vitamin A: 60.39IU (1.21%)