



Deviled Eggs with Curry

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 teaspoon curry powder
- 1 tablespoon parsley fresh minced
- 1 tablespoon spring onion minced
- 6 large hardboiled eggs shelled
- 0.3 cup mayonnaise

Equipment

- bowl

Directions

- Cut hard-boiled eggs lengthwise in half. Scoop yolks into medium bowl. Mash yolks with fork.
- Add mayonnaise, minced green onion and curry powder; mix well. Season yolk mixture to taste with salt and pepper. Divide filling among egg halves, mounding slightly. Arrange eggs on platter.
- Sprinkle with minced parsley. (Can be prepared 8 hours ahead. Cover and refrigerate.)
- Garnish eggs with Niçois olives, if desired, and serve.

Nutrition Facts

PROTEIN 18.39% **FAT 79.11%** **CARBS 2.5%**

Properties

Glycemic Index:19.83, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:6.1265216715958%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 142.34kcal (7.12%), Fat: 12.33g (18.97%), Saturated Fat: 2.73g (17.08%), Carbohydrates: 0.87g (0.29%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.65g (0.72%), Cholesterol: 190.42mg (63.47%), Sodium: 121.93mg (5.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.9%), Vitamin K: 28.62µg (27.25%), Selenium: 15.66µg (22.38%), Vitamin B2: 0.26mg (15.32%), Vitamin B12: 0.57µg (9.44%), Phosphorus: 89.59mg (8.96%), Vitamin D: 1.12µg (7.46%), Vitamin B5: 0.72mg (7.18%), Vitamin A: 334.66IU (6.69%), Folate: 24.5µg (6.13%), Vitamin E: 0.89mg (5.91%), Iron: 0.74mg (4.14%), Zinc: 0.56mg (3.73%), Vitamin B6: 0.07mg (3.27%), Calcium: 28.58mg (2.86%), Vitamin B1: 0.04mg (2.38%), Potassium: 75.18mg (2.15%), Magnesium: 6.26mg (1.57%), Manganese: 0.03mg (1.35%), Vitamin C: 1.1mg (1.34%)