



Deviled Eggs with Horseradish and Black Pepper

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 12 eggs
- ☐ 24 parsley fresh
- ☐ 3 tablespoons horseradish prepared ()
- ☐ 6 tablespoons mayonnaise
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer)
sweet

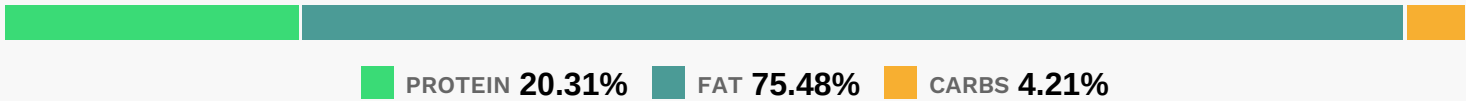
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pastry bag

Directions

- ☐ Place eggs in large saucepan.
- ☐ Add enough cold water to cover by 1 inch. Cover pan; bring to boil.
- ☐ Remove pan from heat and let stand covered for 10 minutes.
- ☐ Drain.
- ☐ Let eggs stand in cold water until cold, about 30 minutes.
- ☐ Peel eggs; halve lengthwise.
- ☐ Transfer yolks to processor. Trim small slice off bottom of egg white halves; place on tray, cavity side up. Process yolks until smooth.
- ☐ Add mayonnaise, 3 tablespoons horseradish, pickle juice, pepper, and salt to yolks; process until smooth. Adjust seasonings, adding more horseradish if desired. DO AHEAD Can be made 1 day ahead. Cover whites and filling separately and chill.
- ☐ Transfer filling to pastry bag fitted with 1/4-inch plain tip. Pipe filling into cavities of egg whites.
- ☐ Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:6.21, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:3.361304367366%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 57.08kcal (2.85%), Fat: 4.73g (7.28%), Saturated Fat: 1.1g (6.89%), Carbohydrates: 0.59g (0.2%), Net Carbohydrates: 0.48g (0.17%), Sugar: 0.26g (0.29%), Cholesterol: 83.31mg (27.77%), Sodium: 104.62mg (4.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.73%), Vitamin K: 22.33µg (21.27%), Selenium: 6.89µg (9.85%), Vitamin B2: 0.1mg (6.05%), Phosphorus: 45.59mg (4.56%), Vitamin A: 205.81IU (4.12%), Vitamin B5: 0.35mg (3.5%), Vitamin B12: 0.2µg (3.33%), Folate: 13.12µg (3.28%), Vitamin D: 0.45µg (2.98%), Iron: 0.47mg (2.61%), Vitamin E: 0.35mg (2.36%), Vitamin C: 1.8mg (2.18%), Zinc: 0.32mg (2.11%), Vitamin B6: 0.04mg (2.01%), Calcium: 15.41mg (1.54%), Potassium: 42.33mg (1.21%), Manganese: 0.02mg (1.05%), Copper: 0.02mg (1.01%)