



Deviled Eggs with Smoked Salmon and Cream Cheese

 Gluten Free

READY IN



26 min.

SERVINGS



12

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons cream cheese softened
- ☐ 1 teaspoon dijon mustard
- ☐ 12 servings optional: dill smoked fresh sweet
- ☐ 6 large eggs
- ☐ 3 tablespoons spring onion minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 teaspoons juice of lemon

- ☐ 0.3 teaspoon salt
- ☐ 1 oz salmon smoked minced
- ☐ 1 tablespoon cream sour

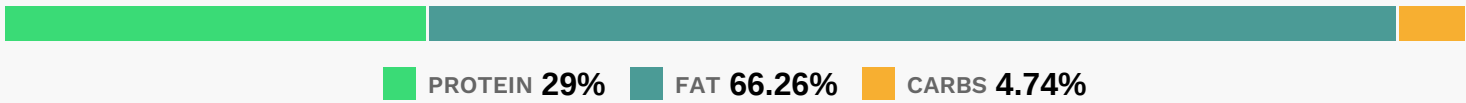
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ Place eggs and enough water to cover in a saucepan over medium heat; bring to a boil. Cover, remove from heat, and let stand 15 minutes.
- ☐ Drain; return eggs to saucepan, and add enough cold water and ice to cover.
- ☐ Let cool.
- ☐ Remove shells from eggs, halve each egg lengthwise, and scrape yolks into a bowl. Reserve egg whites.
- ☐ Combine yolks, salmon, and next 7 ingredients, mashing with a fork until well blended. Spoon filling into reserved whites, cover loosely with plastic wrap, and refrigerate up to 2 days.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:3.1469565306021%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 54.21kcal (2.71%), Fat: 3.94g (6.07%), Saturated Fat: 1.64g (10.25%), Carbohydrates: 0.63g (0.21%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.33g (0.36%), Cholesterol: 97.79mg (32.6%), Sodium: 119.06mg (5.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.77%), Selenium: 8.94µg (12.78%), Vitamin B2: 0.13mg (7.57%), Vitamin D: 0.9µg (6.03%), Phosphorus: 59.21mg (5.92%), Vitamin B12: 0.31µg (5.16%), Vitamin A: 223.66IU (4.47%), Vitamin B5: 0.43mg (4.32%), Folate: 13.51µg (3.38%), Vitamin K: 3.3µg (3.14%), Iron: 0.5mg (2.78%), Vitamin B6: 0.05mg (2.69%), Zinc: 0.36mg (2.41%), Vitamin E: 0.35mg (2.31%), Calcium: 20.45mg (2.04%), Potassium: 51.46mg (1.47%), Copper: 0.03mg (1.31%), Magnesium: 4.49mg (1.12%)