



Deviled Eggs with Smoked Salmon and Herbs

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon dijon mustard
- ☐ 8 large eggs
- ☐ 1 tablespoon chives fresh chopped
- ☐ 2 teaspoons optional: dill fresh minced
- ☐ 2 teaspoons tarragon fresh minced
- ☐ 2 tablespoons mayonnaise reduced-fat
- ☐ 2 ounces salmon finely chopped

☐ 0.3 cup cream fat-free sour

Equipment

☐ bowl

☐ sauce pan

Directions

☐ Place eggs in a large saucepan. Cover with cool water to 1 inch above eggs; bring just to a rolling boil.

☐ Remove from heat; cover and let stand 15 minutes.

☐ Drain and rinse with cold running water until cool.

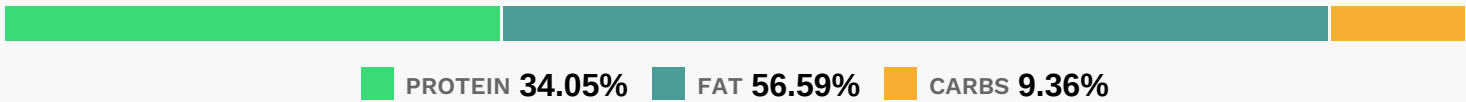
☐ Peel eggs; cut in half lengthwise.

☐ Place yolks in a medium bowl; mash with a fork until smooth.

☐ Add sour cream and next 7 ingredients (through salmon); stir well. Spoon mixture into egg white halves (about 1 tablespoon in each half).

☐ Garnish with dill and tarragon sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:6.4991304537524%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 96.34kcal (4.82%), Fat: 5.94g (9.14%), Saturated Fat: 1.77g (11.04%), Carbohydrates: 2.21g (0.74%), Net Carbohydrates: 2.07g (0.75%), Sugar: 0.37g (0.41%), Cholesterol: 188.84mg (62.95%), Sodium: 186.62mg (8.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.09%), Selenium: 18.78µg (26.83%), Vitamin B2: 0.25mg (15%), Vitamin D: 2.21µg (14.75%), Phosphorus: 121.9mg (12.19%), Vitamin B12: 0.7µg (11.63%), Vitamin B5: 0.84mg (8.38%), Vitamin A: 337.87IU (6.76%), Folate: 26.52µg (6.63%), Iron: 1.15mg (6.36%), Vitamin B6: 0.12mg

(6.01%), Zinc: 0.74mg (4.93%), Vitamin E: 0.71mg (4.7%), Calcium: 45.52mg (4.55%), Manganese: 0.07mg (3.64%), Potassium: 111.8mg (3.19%), Copper: 0.06mg (3.02%), Vitamin K: 2.97µg (2.82%), Magnesium: 10.98mg (2.74%), Vitamin B3: 0.44mg (2.18%), Vitamin B1: 0.03mg (2%)