



Deviled Eggs with Smoked Salmon and Two Mustards

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon coarse mustard seeded
- ☐ 1 pinch ground pepper
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup crème fraîche
- ☐ 1 tablespoon chives fresh snipped finely
- ☐ 1 garlic clove minced
- ☐ 1 spring onion minced

- ☐ 6 large hardboiled eggs peeled halved lengthwise
- ☐ 1 teaspoon juice of lemon
- ☐ 6 servings salt and pepper
- ☐ 2 ounces salmon smoked finely chopped
- ☐ 0.3 teaspoon paprika sweet

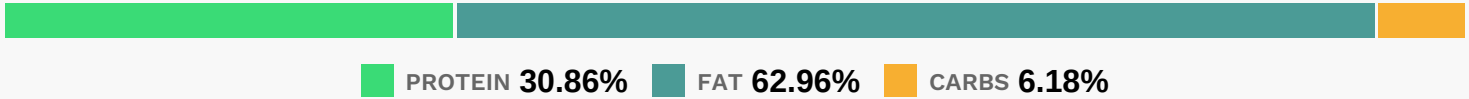
Equipment

- ☐ bowl

Directions

- ☐ Stir together crme frache, mustards, garlic, lemon juice, cayenne, paprika, green onion, and smoked salmon in a medium bowl. Season with salt and pepper.
- ☐ Scoop out egg yolks and put in a bowl. Mash yolks with a fork and stir in crme frache mixture.
- ☐ Spoon yolk mixture into egg white halves and sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:36.33, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:7.0439131622729%

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: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 112.59kcal (5.63%), Fat: 7.77g (11.95%), Saturated Fat: 2.71g (16.91%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.39g (0.5%), Sugar: 1.05g (1.17%), Cholesterol: 194.33mg (64.78%), Sodium: 388.34mg (16.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.57g (17.13%), Selenium: 20.61µg (29.45%), Vitamin D: 2.72µg (18.11%), Vitamin B2: 0.29mg (17.03%), Vitamin B12: 0.88µg (14.72%), Phosphorus: 116.35mg (11.64%), Vitamin A:

421.26IU (8.43%), Vitamin B5: 0.84mg (8.38%), Folate: 25.16µg (6.29%), Vitamin K: 5.67µg (5.4%), Vitamin B6: 0.1mg (5.24%), Vitamin E: 0.74mg (4.93%), Iron: 0.83mg (4.6%), Zinc: 0.64mg (4.26%), Calcium: 42.06mg (4.21%), Vitamin B1: 0.05mg (3.3%), Potassium: 111.16mg (3.18%), Magnesium: 11.02mg (2.76%), Vitamin B3: 0.54mg (2.71%), Manganese: 0.05mg (2.61%), Copper: 0.04mg (1.93%), Vitamin C: 1.26mg (1.53%), Fiber: 0.33g (1.3%)