



HEALTH SCORE 1%

Deviled Eggs with Zip

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 eggs
- 2 tablespoons mayonnaise
- 1 teaspoon mustard hot chinese prepared
- 12 servings paprika for garnish
- 12 servings salt and pepper to taste
- 2 teaspoons mustard yellow

Equipment

Nutrition Facts

PROTEIN 27.59% FAT 65.51% CARBS 6.9%

Properties

Glycemic Index:10.75, Glycemic Load:0.07, Inflammation Score:-6, Nutrition Score:6.1804347826087%

Nutrients (% of daily need)

Calories: 85.19kcal (4.26%), Fat: 6.23g (9.58%), Saturated Fat: 1.7g (10.6%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 0.72g (0.26%), Sugar: 0.4g (0.45%), Cholesterol: 164.66mg (54.89%), Sodium: 286.2mg (12.44%), Protein: 5.9g (11.8%), Vitamin A: 1225.08IU (24.5%), Selenium: 14.11µg (20.16%), Vitamin B2: 0.23mg (13.35%), Phosphorus: 95.24mg (9.52%), Vitamin E: 1.12mg (7.5%), Vitamin B5: 0.73mg (7.32%), Iron: 1.22mg (6.77%), Vitamin B12: 0.39µg (6.57%), Vitamin B6: 0.12mg (5.93%), Vitamin D: 0.88µg (5.9%), Folate: 21.86µg (5.47%), Vitamin K: 5.56µg (5.3%), Zinc: 0.67mg (4.44%), Potassium: 108.7mg (3.11%), Calcium: 30.31mg (3.03%), Fiber: 0.75g (3.01%), Manganese: 0.05mg (2.5%), Copper: 0.05mg (2.37%), Magnesium: 9.47mg (2.37%), Vitamin B1: 0.03mg (1.79%), Vitamin B3: 0.24mg (1.21%)