



Deviled Ham and Eggs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 eggs
- ☐ 0.3 cup salad dressing
- ☐ 1 tablespoon mustard yellow
- ☐ 2 teaspoons sugar
- ☐ 2 teaspoons apple cider vinegar
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 3 oz finely-chopped ham diced fully cooked

- ☐ 2 oz pimientos diced drained
- ☐ 1 tablespoon parsley fresh chopped

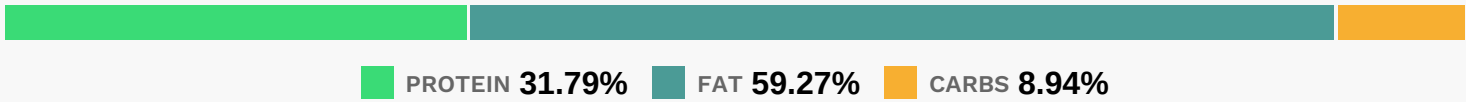
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ In 4-quart saucepan or Dutch oven, place eggs in single layer; add enough cold water to cover eggs by 1 inch. Cover and heat to boiling; turn off heat. If necessary, remove pan from heat to prevent further boiling. Cover and let stand 20 minutes. Immediately run cold water over eggs or place them in ice water until completely cooled.
- ☐ Meanwhile, in medium bowl, mix remaining ingredients except ham, pimientos and parsley.
- ☐ Peel eggs; cut lengthwise in half. Reserve egg white halves.
- ☐ Add egg yolks to mayonnaise mixture; mix well with wire whisk. Stir in ham and pimientos.
- ☐ Spoon yolk mixture into egg white halves.
- ☐ Place on serving plate; sprinkle with parsley. Cover and refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:10.46, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:2.9573913216591%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 45.11kcal (2.26%), Fat: 2.91g (4.48%), Saturated Fat: 0.82g (5.15%), Carbohydrates: 0.99g (0.33%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.77g (0.85%), Cholesterol: 84.43mg (28.14%), Sodium: 128.1mg (5.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.03%), Selenium: 7.72µg (11.04%), Vitamin B2: 0.11mg (6.55%), Phosphorus: 55.59mg (5.56%), Vitamin C: 3.52mg (4.26%), Vitamin K: 4.44µg (4.23%), Vitamin B12: 0.25µg (4.1%), Vitamin A: 196.95IU (3.94%), Vitamin B5: 0.37mg (3.71%), Vitamin D: 0.44µg (2.93%), Iron: 0.49mg (2.74%), Vitamin B6: 0.05mg (2.74%), Folate: 10.91µg (2.73%), Zinc: 0.38mg (2.51%), Vitamin E: 0.31mg (2.05%), Vitamin B1: 0.03mg (1.99%), Potassium: 49.25mg (1.41%), Calcium: 13.73mg (1.37%), Copper: 0.02mg (1.13%), Magnesium: 4.09mg (1.02%)