



Devilicious” Eggs

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



12

CALORIES



47 kcal

SIDE DISH

Ingredients

- 6 eggs
- 1 serving baby carrots assorted
- 0.3 cup salad dressing
- 2 teaspoons dijon mustard
- 1 serving paprika

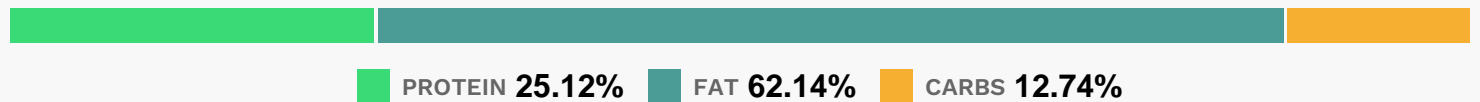
Equipment

- bowl
- sauce pan

Directions

- In 3-quart saucepan, place eggs in single layer; add enough cold water to cover eggs by 1 inch. Cover; heat to boiling.
- Remove from heat; let stand covered 15 minutes. While eggs stand, cut assorted herbs and vegetables for decorating.
- Drain eggs; immediately place in cold water with ice cubes, or run cold water over eggs until completely cooled. To remove shell, crackle it by tapping gently all over; roll between hands to loosen. Peel, starting at large end.
- Cut each egg lengthwise in half. Slip out yolks into small bowl; mash with fork.
- Stir mayonnaise and mustard into yolks. Fill whites with egg yolk mixture, heaping it lightly.
- Sprinkle with paprika, and garnish with desired herbs and vegetables to make faces. Cover loosely, and refrigerate up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:3.92, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:3.5247826148634%

Nutrients (% of daily need)

Calories: 46.67kcal (2.33%), Fat: 3.18g (4.9%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 1.47g (0.49%), Net Carbohydrates: 1.17g (0.43%), Sugar: 0.98g (1.08%), Cholesterol: 81.84mg (27.28%), Sodium: 94.66mg (4.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.79%), Vitamin A: 1180.04IU (23.6%), Selenium: 7.21µg (10.3%), Vitamin B2: 0.11mg (6.22%), Phosphorus: 47.7mg (4.77%), Vitamin B5: 0.37mg (3.72%), Vitamin K: 3.62µg (3.45%), Vitamin B12: 0.2µg (3.26%), Folate: 12.39µg (3.1%), Vitamin D: 0.44µg (2.93%), Iron: 0.51mg (2.83%), Vitamin B6: 0.05mg (2.61%), Vitamin E: 0.39mg (2.6%), Zinc: 0.31mg (2.08%), Potassium: 56.31mg (1.61%), Calcium: 16.13mg (1.61%), Copper: 0.03mg (1.28%), Manganese: 0.02mg (1.22%), Fiber: 0.3g (1.2%), Magnesium: 4.29mg (1.07%)