



Devilish Eggs



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



8

CALORIES



135 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 8 servings caviar black red
- ☐ 2.5 teaspoons dijon mustard
- ☐ 8 large eggs
- ☐ 5 tablespoons mayonnaise
- ☐ 0.1 teaspoon sea salt
- ☐ 2 teaspoons shallots finely minced

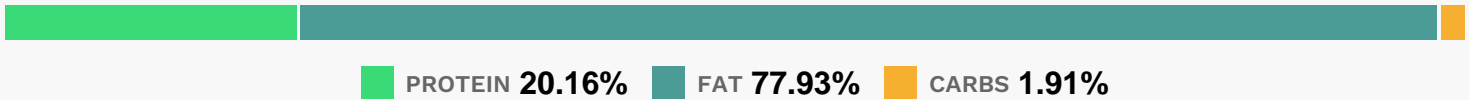
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place eggs in a single layer in a large saucepan; add cold water to a depth of 3 inches, and bring to a boil over high heat.
- ☐ Remove from heat, cover, and let stand 11 minutes.
- ☐ Drain eggs, and return to saucepan; run eggs under cold water until cool enough to handle. Peel under cold running water.
- ☐ Cut eggs in half lengthwise. Scoop yolks into a bowl, reserving egg whites. Mash yolks with a fork. Stir in mayonnaise and next 4 ingredients until well blended. Pipe or spoon yolk mixture into reserved egg whites; cover and chill 1 hour.
- ☐ Garnish with caviar just before serving.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:5.8552174275012%

Nutrients (% of daily need)

Calories: 135.03kcal (6.75%), Fat: 11.53g (17.74%), Saturated Fat: 2.63g (16.46%), Carbohydrates: 0.64g (0.21%), Net Carbohydrates: 0.55g (0.2%), Sugar: 0.3g (0.33%), Cholesterol: 195.55mg (65.18%), Sodium: 195.15mg (8.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.71g (13.42%), Selenium: 16.75µg (23.92%), Vitamin B2: 0.24mg (13.97%), Vitamin K: 14.5µg (13.81%), Vitamin B12: 0.66µg (10.93%), Phosphorus: 106.43mg (10.64%), Vitamin B5: 0.82mg (8.23%), Vitamin D: 1.05µg (6.98%), Folate: 24.72µg (6.18%), Iron: 1.05mg (5.81%), Vitamin A: 286.04IU (5.72%), Vitamin E: 0.84mg (5.58%), Vitamin B6: 0.09mg (4.59%), Zinc: 0.68mg (4.53%), Calcium: 32.78mg (3.28%), Magnesium: 10mg (2.5%), Potassium: 77mg (2.2%), Copper: 0.04mg (2.04%), Vitamin B1: 0.03mg (1.74%), Manganese: 0.03mg (1.36%)