



Devilish Green Eggs and Ham



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 tablespoons basil pesto
- ☐ 0.8 teaspoon dijon mustard
- ☐ 2 tablespoons basil fresh finely chopped
- ☐ 1 teaspoon garlic fresh minced
- ☐ 2 tablespoons spring onion very thinly sliced
- ☐ 12 hardboiled eggs
- ☐ 3 tablespoons mayonnaise
- ☐ 1 teaspoon olive oil extra virgin extra-virgin

- ☐ 4 ounces pancetta very thinly sliced cut into short, thin strips
- ☐ 24 servings salt

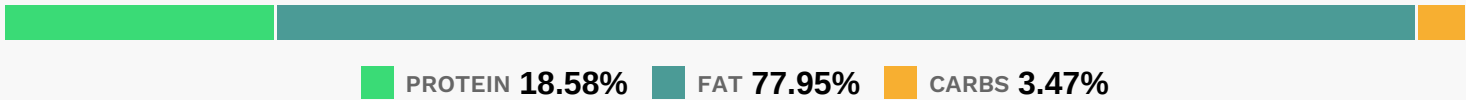
Equipment

- ☐ bowl
- ☐ mixing bowl
- ☐ hand mixer
- ☐ pastry bag

Directions

- ☐ Halve the eggs lengthwise and transfer the yolks to a mixing bowl. Set the egg white halves on a platter, cover, and refrigerate.
- ☐ With a fork, mash the yolks to a smooth consistency.
- ☐ Add the mayonnaise, mustard, garlic, and pesto, and mix until smooth. (You can also do this using an electric mixer with a whip attachment.) Stir in the green onion. Taste the egg mixture and add a little salt if needed; pestos differ in salt content.
- ☐ Spoon the mixture into a pastry bag fitted with a plain or large star tip, then pipe the mixture evenly into the egg white halves. Or fill the eggs with a spoon, dividing the filling evenly.
- ☐ To make the topping, in a small bowl, mix together the prosciutto and basil.
- ☐ Drizzle with the oil and toss to coat. Top each egg half with about 1 heaping teaspoon of the mixture.
- ☐ From D'Lish Deviled Eggs by Kathy Casey, (C) © 2013 Andrews McMeel Publishing, LLC

Nutrition Facts



Properties

Glycemic Index:8.92, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.9391304584949%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 86.82kcal (4.34%), Fat: 7.4g (11.38%), Saturated Fat: 1.91g (11.96%), Carbohydrates: 0.74g (0.25%), Net Carbohydrates: 0.66g (0.24%), Sugar: 0.43g (0.47%), Cholesterol: 97.4mg (32.47%), Sodium: 304.07mg (13.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.93%), Selenium: 8.76µg (12.52%), Vitamin B2: 0.13mg (7.83%), Phosphorus: 50.81mg (5.08%), Vitamin B12: 0.3µg (5.05%), Vitamin K: 4.76µg (4.53%), Vitamin A: 222.38IU (4.45%), Vitamin D: 0.57µg (3.82%), Vitamin B5: 0.38mg (3.81%), Folate: 11.54µg (2.88%), Vitamin E: 0.36mg (2.43%), Vitamin B6: 0.05mg (2.26%), Zinc: 0.33mg (2.18%), Vitamin B1: 0.03mg (2.04%), Iron: 0.36mg (2.01%), Calcium: 20.02mg (2%), Potassium: 43.85mg (1.25%), Vitamin B3: 0.21mg (1.06%)