






Devilishly Delicious Eggs

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



12

CALORIES



48 kcal

SIDE DISH

Ingredients

- 2 Tbsp carrots shredded
- 6 hard-cooked eggs
- 3 Tbsp mayo garlic & herb naturally reduced fat mayonnaise kraft flavored

Equipment

- bowl
- ziploc bags

Directions

- Cut eggs lengthwise in half.
- Place yolks in small bowl; mix with mayonnaise.
- Spoon into resealable plastic bag.
- Cut off corner from bottom of bag; pipe filling into egg white halves.
- Top with carrots.

Nutrition Facts

PROTEIN 27.07% **FAT 65.77%** **CARBS 7.16%**

Properties

Glycemic Index:3.9, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:2.8091304580803%

Flavonoids

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

Nutrients (% of daily need)

Calories: 48.1kcal (2.41%), Fat: 3.44g (5.29%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 0.84g (0.28%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.52g (0.58%), Cholesterol: 93.81mg (31.27%), Sodium: 61.67mg (2.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.36%), Selenium: 7.79µg (11.13%), Vitamin A: 550.1IU (11%), Vitamin B2: 0.13mg (7.63%), Vitamin B12: 0.28µg (4.63%), Phosphorus: 44.4mg (4.44%), Vitamin D: 0.55µg (3.67%), Vitamin B5: 0.36mg (3.58%), Folate: 11.61µg (2.9%), Vitamin E: 0.35mg (2.34%), Vitamin K: 2.28µg (2.18%), Zinc: 0.27mg (1.81%), Iron: 0.31mg (1.72%), Vitamin B6: 0.03mg (1.69%), Calcium: 13.53mg (1.35%), Vitamin B1: 0.02mg (1.23%), Potassium: 40.58mg (1.16%)