



Dijon Deviled Eggs



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



12

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 eggs
- ☐ 3 tablespoons cream fat-free sour
- ☐ 3 tablespoons dijon mustard
- ☐ 1 tablespoon spring onion finely chopped
- ☐ 0.3 teaspoon lawry's seasoned salt
- ☐ 1 serving paprika

Equipment

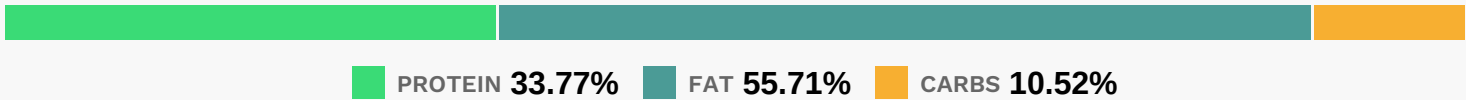
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In 2-quart saucepan, place eggs in single layer; add cold water until 1 inch above eggs. 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. To remove shell, crackle it by tapping gently all over; roll between hands to loosen. Peel, starting at large end.
- ☐ Cut peeled eggs lengthwise in half. Scoop out egg yolks into small bowl; mash with fork. Stir in sour cream, mustard, onion and seasoned salt.
- ☐ Fill egg white halves with egg yolk mixture, heaping lightly.
- ☐ Sprinkle with paprika. Cover and refrigerate up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:6.58, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.609565226928%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 36.6kcal (1.83%), Fat: 2.24g (3.45%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 0.95g (0.32%), Net Carbohydrates: 0.72g (0.26%), Sugar: 0.18g (0.19%), Cholesterol: 82.11mg (27.37%), Sodium: 125.36mg (5.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.11%), Selenium: 8.2µg (11.72%), Vitamin B2: 0.11mg (6.47%), Phosphorus: 51.17mg (5.12%), Vitamin A: 216.19IU (4.32%), Vitamin B5: 0.35mg (3.53%), Vitamin B12: 0.2µg (3.41%), Vitamin D: 0.44µg (2.93%), Folate: 11.33µg (2.83%), Iron: 0.49mg (2.71%), Vitamin B6: 0.04mg (2.22%), Zinc: 0.33mg (2.21%), Vitamin E: 0.3mg (1.97%), Calcium: 19.2mg (1.92%), Potassium: 45.04mg (1.29%), Magnesium: 5.14mg (1.28%), Manganese: 0.03mg (1.27%), Vitamin K: 1.29µg (1.23%), Vitamin B1: 0.02mg (1.19%), Copper: 0.02mg (1.04%)