



Dill and Lemon Deviled Eggs



Vegetarian



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons optional: dill chopped ()
- ☐ 6 eggs
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 0.3 cup mayonnaise
- ☐ 4 servings salt and pepper to taste

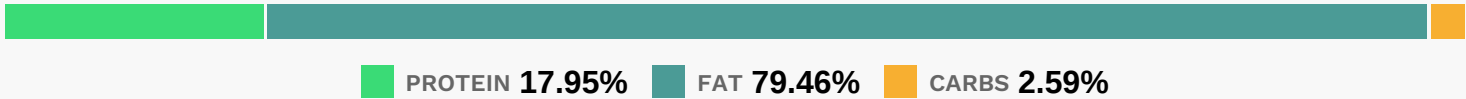
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place the eggs in a sauce pan, cover with water and bring to a boil.
- ☐ Turn off the heat, cover and let sit for seven minutes.
- ☐ Transfer the eggs to a large bowl filled with cold water and let cool.
- ☐ Peel the eggs.
- ☐ Cut the eggs in half top to bottom ans scoop out the yolks.
- ☐ Mix the egg yolks, mayonnaise, mustard, dill and lemon.
- ☐ Spoon the egg yolk mixture into the halved eggs and serve garnished with dill.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:7.6860870161782%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 192.31kcal (9.62%), Fat: 16.81g (25.87%), Saturated Fat: 3.71g (23.19%), Carbohydrates: 1.23g (0.41%), Net Carbohydrates: 1.1g (0.4%), Sugar: 0.55g (0.61%), Cholesterol: 251.4mg (83.8%), Sodium: 390.39mg (16.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.54g (17.09%), Selenium: 21.02µg (30.03%), Vitamin K: 23.04µg (21.94%), Vitamin B2: 0.31mg (18.07%), Phosphorus: 135.76mg (13.58%), Vitamin B5: 1.05mg (10.52%), Vitamin B12: 0.6µg (10.07%), Vitamin D: 1.35µg (8.99%), Folate: 33.67µg (8.42%), Vitamin E: 1.17mg (7.79%), Vitamin A: 382.52IU (7.65%), Iron: 1.23mg (6.83%), Vitamin B6: 0.12mg (5.94%), Zinc: 0.89mg (5.92%), Vitamin C: 3.72mg (4.51%), Calcium: 40.52mg (4.05%), Potassium: 105.8mg (3.02%), Copper: 0.05mg (2.66%), Magnesium: 9.3mg (2.33%), Vitamin B1: 0.03mg (2.16%), Manganese: 0.03mg (1.43%)