



## Di's Delicious Deluxe Deviled Eggs

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 stalk celery finely chopped
- 6 eggs
- 0.3 cup mayonnaise
- 0.3 onion finely chopped
- 12 servings paprika for garnish
- 1 dash pepper sauce hot
- 12 servings salt to taste

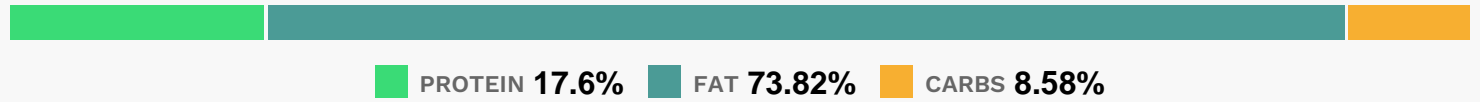
### Equipment

- bowl
- sauce pan

## Directions

- Place eggs in a medium saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes.
- Remove from hot water, cool and peel.
- Cut eggs in half.
- Remove yolks and place in a medium bowl. Mash together with celery, onion, mayonnaise, salt and hot pepper sauce.
- Stuff the egg white halves with the egg yolk mixture.
- Sprinkle eggs with paprika. Chill covered in the refrigerator until serving.

## Nutrition Facts



## Properties

Glycemic Index:10.33, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:4.3947826753492%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

## Nutrients (% of daily need)

Calories: 69.98kcal (3.5%), Fat: 5.85g (8.99%), Saturated Fat: 1.28g (7.99%), Carbohydrates: 1.53g (0.51%), Net Carbohydrates: 0.76g (0.28%), Sugar: 0.43g (0.48%), Cholesterol: 83.8mg (27.93%), Sodium: 257.67mg (11.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.27%), Vitamin A: 1114.46IU (22.29%), Selenium: 7.01µg (10.01%), Vitamin K: 9.78µg (9.31%), Vitamin B2: 0.13mg (7.51%), Vitamin E: 0.97mg (6.47%), Phosphorus: 51.89mg (5.19%), Iron: 0.83mg (4.6%), Vitamin B6: 0.08mg (4.23%), Vitamin B5: 0.4mg (4.02%), Vitamin B12: 0.2µg (3.36%), Folate: 12.59µg (3.15%), Fiber: 0.76g (3.05%), Vitamin D: 0.45µg (3%), Zinc: 0.38mg (2.56%), Potassium: 84.62mg (2.42%), Manganese: 0.04mg (2.17%), Calcium: 18.59mg (1.86%), Magnesium: 6.66mg (1.67%), Copper: 0.03mg (1.63%), Vitamin B1: 0.02mg (1.15%), Vitamin B3: 0.23mg (1.13%)