



Double-Staffed Eggs

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



60 kcal

SIDE DISH

Ingredients

- 1 tablespoon dijon mustard
- 24 servings garnish: dill sprigs fresh
- 12 hard-cooked eggs peeled
- 0.8 cup mayonnaise light
- 0.3 teaspoon pepper
- 0.5 cup potato flakes instant
- 0.3 teaspoon salt

Equipment

food processor

Directions

Cut eggs in half lengthwise.

Remove yolks. Process yolks, mayonnaise, and next 4 ingredients in a food processor until smooth, stopping to scrape down sides.

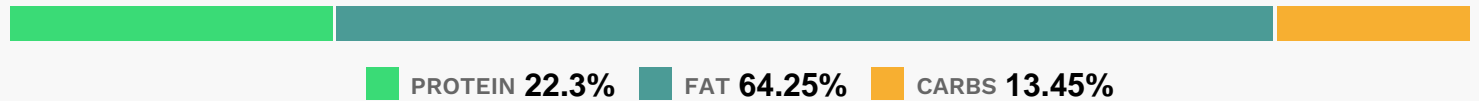
Spoon filling into egg whites. Cover and chill up to 8 hours.

Garnish, if desired.

Bacon–Stuffed Eggs: Stir 2/3 cup (8 slices) crumbled cooked bacon, 3 tablespoons pickle relish, and 1/4 cup chopped fresh chives into egg mixture. Proceed as directed.

Shrimp–Stuffed Eggs: Stir 3/4 pound shrimp, cooked and chopped; 2 tablespoons prepared horseradish; and 6 green onions, minced, into egg mixture. Proceed as directed.

Nutrition Facts



Properties

Glycemic Index:3.29, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.7726086909356%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg 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: 60.31kcal (3.02%), Fat: 4.23g (6.51%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.88g (0.68%), Sugar: 0.58g (0.64%), Cholesterol: 94.37mg (31.46%), Sodium: 121.35mg (5.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.61%), Selenium: 8.26µg (11.8%), Vitamin B2: 0.13mg (7.67%), Phosphorus: 46.77mg (4.68%), Vitamin B12: 0.28µg (4.63%), Vitamin B5: 0.38mg (3.82%), Vitamin K: 3.99µg (3.8%), Vitamin D: 0.55µg (3.67%), Folate: 12.05µg (3.01%), Vitamin A: 143.31IU (2.87%), Vitamin E: 0.41mg (2.76%), Vitamin B1: 0.03mg (2.04%), Vitamin B6: 0.04mg (2.02%), Iron: 0.34mg (1.9%), Zinc: 0.28mg (1.88%), Potassium: 49.35mg (1.41%), Calcium: 13.97mg (1.4%), Vitamin C: 1.1mg (1.33%)