



Dreamy No Mayo Deviled Eggs



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



12

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 eggs
- ☐ 2 tablespoons olive oil
- ☐ 12 servings paprika for garnish
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 tablespoon relish
- ☐ 0.3 teaspoon salt

Equipment

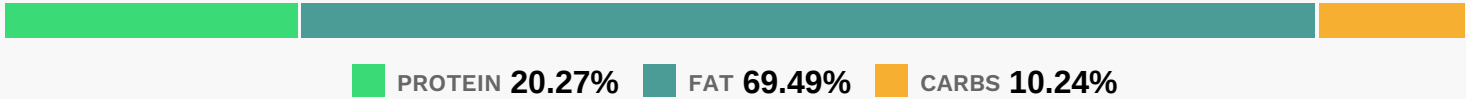
- ☐ food processor

- ☐ bowl
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Place the eggs in a pot and cover with cold water. Bring to a boil over high heat. Turn off the heat and let sit for 14 minutes.
- ☐ Remove eggs with a slotted spoon and run cold water over them. Cool eggs 10 minutes.
- ☐ Remove shells when cool.
- ☐ Cut in half and scoop out the yolk and reserve in bowl of a food processor. Repeat with the remaining 5 eggs.
- ☐ Add hummus, olive oil, pepper, and salt to the yolks; puree in the food processor.
- ☐ Add the relish and pulse 3 to 5 times to incorporate.
- ☐ Put the yolk mixture in a piping bag (see note). Pipe about 1 teaspoon of the mixture into each of the egg white halves and sprinkle with paprika.

Nutrition Facts



Properties

Glycemic Index:3.92, Glycemic Load:0.06, Inflammation Score:-6, Nutrition Score:4.0691304793176%

Nutrients (% of daily need)

Calories: 58.97kcal (2.95%), Fat: 4.69g (7.22%), Saturated Fat: 1.05g (6.59%), Carbohydrates: 1.56g (0.52%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.29g (0.32%), Cholesterol: 81.84mg (27.28%), Sodium: 94.74mg (4.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Vitamin A: 1106.2IU (22.12%), Selenium: 6.88µg (9.83%), Vitamin E: 1.15mg (7.66%), Vitamin B2: 0.13mg (7.39%), Phosphorus: 50.41mg (5.04%), Iron: 0.84mg (4.67%), Vitamin B6: 0.08mg (4.03%), Vitamin B5: 0.39mg (3.88%), Vitamin B12: 0.2µg (3.26%), Vitamin K: 3.14µg (3%), Vitamin D: 0.44µg (2.93%), Fiber: 0.73g (2.91%), Folate: 11.34µg (2.83%), Zinc: 0.37mg (2.49%), Potassium: 77.52mg (2.21%), Manganese: 0.04mg (2.18%), Calcium: 17.2mg (1.72%), Magnesium: 6.51mg (1.63%), Copper: 0.03mg (1.59%), Vitamin B3: 0.22mg (1.12%), Vitamin B1: 0.02mg (1.06%)