



## Easy Deviled Eggs

 Vegetarian  Gluten Free  Low Fod Map

READY IN



15 min.

SERVINGS



15

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup grey poupon dijon mustard
- 12 hard-cooked eggs
- 0.3 cup miracle whip dressing
- 0.3 tsp paprika

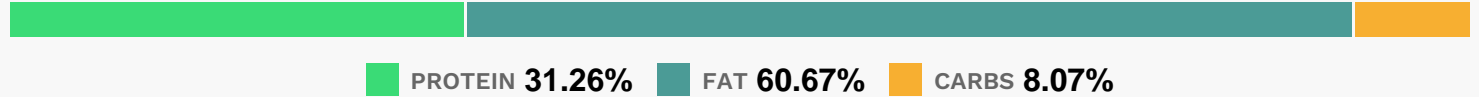
## Equipment

- bowl

## Directions

- Cut eggs lengthwise in half.
- Remove yolks; place in small bowl.
- Add dressing and mustard; mix well.
- Spoon into egg white halves; sprinkle with paprika.

## Nutrition Facts



## Properties

Glycemic Index:3.13, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:3.9217391702468%

## Nutrients (% of daily need)

Calories: 68.21kcal (3.41%), Fat: 4.5g (6.93%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 1.07g (0.39%), Sugar: 0.95g (1.05%), Cholesterol: 149.58mg (49.86%), Sodium: 128.77mg (5.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.44%), Selenium: 13.73µg (19.62%), Vitamin B2: 0.21mg (12.26%), Vitamin B12: 0.44µg (7.4%), Phosphorus: 73.61mg (7.36%), Vitamin D: 0.88µg (5.87%), Vitamin B5: 0.57mg (5.73%), Vitamin A: 232.76IU (4.66%), Folate: 17.91µg (4.48%), Iron: 0.56mg (3.08%), Zinc: 0.45mg (2.99%), Vitamin E: 0.44mg (2.92%), Vitamin B6: 0.05mg (2.6%), Calcium: 22.96mg (2.3%), Vitamin B1: 0.03mg (2.29%), Potassium: 59.58mg (1.7%), Magnesium: 6.06mg (1.52%), Manganese: 0.03mg (1.42%), Fiber: 0.27g (1.09%)