



Easy Deviled Eggs & Ham

 Gluten Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 slices oscar mayer deli ham smoked fresh finely chopped
- 1 tsp grey poupon dijon mustard
- 1 claussen kosher dill pickle mini finely chopped
- 3 hard-cooked eggs
- 1 Tbsp miracle whip dressing light

Equipment

- bowl

Directions

- Cut eggs lengthwise in half.
- Remove yolks; place in small bowl. Mash with fork.
- Add remaining ingredients; mix well.
- Spoon into egg white halves.

Nutrition Facts

PROTEIN 33.3% **FAT 61.63%** **CARBS 5.07%**

Properties

Glycemic Index:3.2, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.3047826089289%

Nutrients (% of daily need)

Calories: 46.09kcal (2.3%), Fat: 3.09g (4.75%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 0.57g (0.19%), Net Carbohydrates: 0.46g (0.17%), Sugar: 0.42g (0.47%), Cholesterol: 61.3mg (20.43%), Sodium: 188.94mg (8.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.51%), Selenium: 6.7µg (9.57%), Vitamin B2: 0.1mg (5.86%), Phosphorus: 45.44mg (4.54%), Vitamin B1: 0.06mg (4.29%), Vitamin B12: 0.22µg (3.67%), Vitamin B6: 0.05mg (2.63%), Vitamin D: 0.39µg (2.59%), Vitamin B5: 0.25mg (2.53%), Zinc: 0.36mg (2.42%), Vitamin B3: 0.39mg (1.97%), Folate: 7.41µg (1.85%), Vitamin A: 91.35IU (1.83%), Iron: 0.28mg (1.54%), Potassium: 51.74mg (1.48%), Vitamin E: 0.19mg (1.3%), Calcium: 12.01mg (1.2%), Vitamin K: 1.14µg (1.09%)