



Elegant Deviled Eggs



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



24

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon ground pepper black
- ☐ 12 hardboiled eggs peeled
- ☐ 0.8 cup mayonnaise
- ☐ 6 tablespoons dickinson's® 'n' pepper & onion relish sweet hot
- ☐ 6 tablespoons dickinson's® cranberry relish
- ☐ 0.5 teaspoon salt

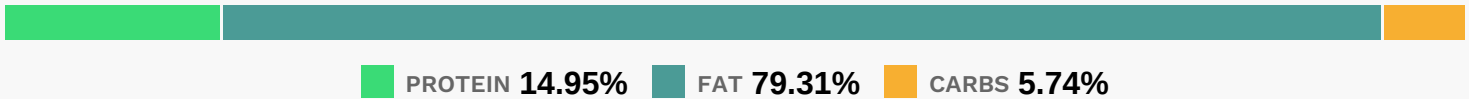
Equipment

- ☐ bowl

Directions

- ☐ Slice eggs in half and remove yolks. Mash yolks with fork in medium bowl.
- ☐ Add mayonnaise, salt and pepper. Blend well.
- ☐ Fill egg whites with yolk mixture. Top half the eggs with Pepper and Onion Relish and half with Cranberry Relish. Chill before serving.
- ☐ Garnish with cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:0.32, Inflammation Score:-2, Nutrition Score:3.3169565472914%

Flavonoids

Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.82mg, Peonidin: 1.82mg, Peonidin: 1.82mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 90.52kcal (4.53%), Fat: 7.91g (12.18%), Saturated Fat: 1.64g (10.25%), Carbohydrates: 1.29g (0.43%), Net Carbohydrates: 1g (0.36%), Sugar: 0.48g (0.53%), Cholesterol: 96.19mg (32.06%), Sodium: 125.72mg (5.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.71%), Selenium: 7.88µg (11.26%), Vitamin K: 11.74µg (11.18%), Vitamin B2: 0.13mg (7.86%), Vitamin A: 324.71IU (6.49%), Vitamin B12: 0.29µg (4.76%), Phosphorus: 47.12mg (4.71%), Vitamin B5: 0.38mg (3.79%), Vitamin D: 0.56µg (3.76%), Vitamin E: 0.54mg (3.58%), Folate: 12.47µg (3.12%), Iron: 0.36mg (2%), Zinc: 0.29mg (1.96%), Vitamin B6: 0.04mg (1.83%), Manganese: 0.03mg (1.74%), Vitamin B1: 0.02mg (1.48%), Calcium: 14.49mg (1.45%), Potassium: 44.26mg (1.26%), Fiber: 0.29g (1.17%), Vitamin C: 0.9mg (1.09%)