

Elegant Stuffed Egg

READY IN

ready

40 min.

SERVINGS

servings

24

CALORIES

calories

53 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon apple cider vinegar
- ☐ 12 eggs
- ☐ 2 tablespoons chives fresh chopped for garnish
- ☐ 1.5 teaspoons horseradish prepared
- ☐ 2 tablespoons mayonnaise
- ☐ 0.5 teaspoon pepper
- ☐ 1 pinch salt
- ☐ 6 ounces salmon smoked cut into 1/4-inch strips
- ☐ 0.3 cup cup heavy whipping cream sour

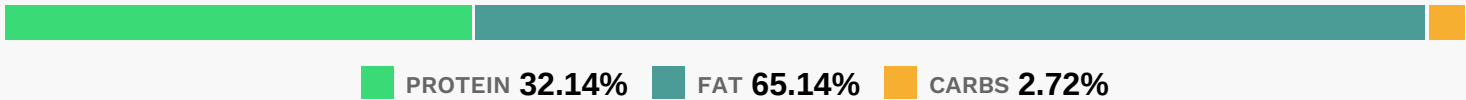
Equipment

- ☐ bowl
- ☐ pot
- ☐ sieve

Directions

- ☐ Place the eggs in a medium pot and cover with cold water. Bring to a boil over high heat. Immediately remove the pot from the heat, cover it and let stand for 10 minutes. Uncover the pot and let the eggs cool in the water.
- ☐ Peel the eggs and cut them in half lengthwise. Pop out the yolks into a bowl. Arrange the whites on a platter. Mash the yolks well with a fork or press them through a sieve.
- ☐ Combine the yolks with the sour cream, mayonnaise, chives, horseradish, vinegar, pepper and salt. Spoon or pipe the filling into the eggs.
- ☐ Roll each strip of salmon into a tight coil. Arrange these salmon rosettes on top of the yolks.
- ☐ Sprinkle with chives and serve.

Nutrition Facts



Properties

Glycemic Index:8.42, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.2939130346412%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 52.8kcal (2.64%), Fat: 3.74g (5.76%), Saturated Fat: 1.13g (7.09%), Carbohydrates: 0.35g (0.12%), Net Carbohydrates: 0.32g (0.12%), Sugar: 0.2g (0.22%), Cholesterol: 85.37mg (28.46%), Sodium: 97.91mg (4.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.31%), Selenium: 9.18µg (13.11%), Vitamin D: 1.65µg (11.03%), Vitamin B12: 0.43µg (7.22%), Vitamin B2: 0.11mg (6.61%), Phosphorus: 57.57mg (5.76%), Vitamin B5: 0.41mg (4.11%), Vitamin A: 151.77IU (3.04%), Vitamin B6: 0.06mg (2.94%), Folate: 11.13µg (2.78%), Iron: 0.46mg

(2.55%), Vitamin E: 0.38mg (2.5%), Vitamin K: 2.62µg (2.49%), Zinc: 0.32mg (2.13%), Vitamin B3: 0.36mg (1.78%),
Copper: 0.03mg (1.7%), Calcium: 16.22mg (1.62%), Potassium: 48.21mg (1.38%), Magnesium: 4.44mg (1.11%)