



Fabienne's Black Olive and Curry Deviled Eggs



Vegetarian



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon madras curry powder
- ☐ 1 tablespoon dijon mustard
- ☐ 6 eggs
- ☐ 1 garlic clove crushed
- ☐ 6 kalamata olives pitted finely chopped
- ☐ 1 teaspoon juice of lemon
- ☐ 3 tablespoons mayonnaise

- ☐ 0.5 teaspoon onion powder
- ☐ 0.5 teaspoon red wine vinegar

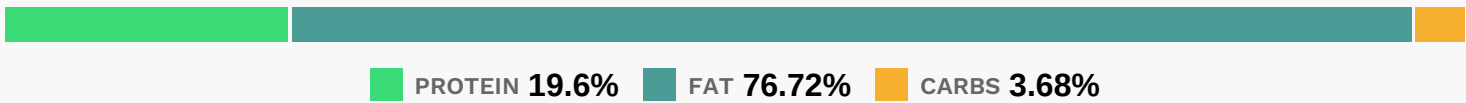
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place eggs in a saucepan; cover with water. Bring to a boil, remove from heat, and let eggs stand in hot water for 15 minutes.
- ☐ Remove eggs from hot water, cool under cold running water, and peel.
- ☐ Cut each egg in half lengthwise; place egg yolks in a bowl. Mash yolks with a fork; stir in mayonnaise, olives, mustard, lemon juice, curry powder, onion powder, vinegar, and garlic.
- ☐ Place egg whites cut-side up on a serving platter. Spoon yolk mixture into egg white halves.

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.5869565249785%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 59.98kcal (3%), Fat: 5.07g (7.8%), Saturated Fat: 1.14g (7.15%), Carbohydrates: 0.55g (0.18%), Net Carbohydrates: 0.38g (0.14%), Sugar: 0.15g (0.17%), Cholesterol: 83.31mg (27.77%), Sodium: 98.58mg (4.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.83%), Selenium: 7.34µg (10.49%), Vitamin B2: 0.1mg (6.05%), Vitamin K: 5.91µg (5.63%), Phosphorus: 46.72mg (4.67%), Vitamin B5: 0.35mg (3.5%), Vitamin B12: 0.2µg (3.33%), Vitamin D: 0.45µg (2.98%), Vitamin E: 0.45mg (2.97%), Folate: 10.94µg (2.73%), Vitamin A: 130.69IU (2.61%), Iron: 0.46mg (2.53%), Vitamin B6: 0.04mg (2.2%), Zinc: 0.31mg (2.05%), Calcium: 15.64mg (1.56%), Copper: 0.02mg (1.09%), Potassium: 37.39mg (1.07%), Manganese: 0.02mg (1.03%)