



## French-Style Stuffed Eggs

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



55 kcal

SIDE DISH

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 8 large eggs
- 0.3 teaspoon thyme leaves fresh chopped
- 1 tablespoon green onions minced
- 0.3 cup ham minced reduced-fat
- 1 tablespoon mayonnaise low-fat
- 1 teaspoon mustard
- 1 tablespoon parsley minced

- 0.1 teaspoon salt
- 2 ounce bread white

## Equipment

- food processor
- bowl
- baking sheet
- sauce pan
- broiler

## Directions

- Place eggs in a large saucepan. Cover with water to 1 inch above eggs; bring just to a boil.
- Remove from heat; cover and let stand 12 minutes.
- Drain and rinse with cold running water until cool.
- Peel eggs; slice in half lengthwise.
- Remove yolks; discard 4 yolks.
- Place remaining 4 yolks in a medium bowl.
- Add ham and next 7 ingredients (through pepper); stir until combined.
- Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1 cup.
- Spoon about 1 teaspoon yolk mixture into each egg white half. Top each half with 1 tablespoon breadcrumbs. Coat breadcrumbs with cooking spray.
- Preheat broiler.
- Place eggs on a baking sheet; broil 1 minute or until breadcrumbs are toasted.
- Garnish with thyme leaves, if desired.

## Nutrition Facts



## Properties

Glycemic Index:15.49, Glycemic Load:1.26, Inflammation Score:-1, Nutrition Score:3.3100000075672%

## Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 54.96kcal (2.75%), Fat: 3.2g (4.93%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 2.08g (0.69%), Net Carbohydrates: 1.96g (0.71%), Sugar: 0.33g (0.36%), Cholesterol: 94.95mg (31.65%), Sodium: 116.07mg (5.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.29%), Selenium: 9.29µg (13.27%), Vitamin B2: 0.13mg (7.65%), Phosphorus: 60.56mg (6.06%), Vitamin K: 5.46µg (5.2%), Vitamin B5: 0.42mg (4.19%), Folate: 16.46µg (4.12%), Vitamin B12: 0.24µg (4.02%), Vitamin D: 0.52µg (3.47%), Iron: 0.62mg (3.42%), Vitamin A: 162.24IU (3.24%), Vitamin B1: 0.05mg (3.11%), Vitamin B6: 0.06mg (2.88%), Zinc: 0.43mg (2.86%), Calcium: 22.75mg (2.28%), Vitamin E: 0.31mg (2.03%), Manganese: 0.03mg (1.67%), Vitamin B3: 0.33mg (1.63%), Potassium: 50.55mg (1.44%), Copper: 0.03mg (1.31%), Magnesium: 4.96mg (1.24%)