



Fried Deviled Eggs

 Vegetarian  Dairy Free

READY IN



44 min.

SERVINGS



4

CALORIES



518 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon chives chopped
- 1 tablespoon dijon mustard
- 2 eggs beaten
- 12 eggs
- 1 cup flour all-purpose
- 1 Dash hot sauce
- 1 teaspoon lemon zest fresh
- 0.3 cup mayonnaise

- 1 cup panko crumbs
- 4 servings parsley for garnish
- 4 servings vegetable oil; peanut oil preferred for frying
- 4 servings salt and pepper black freshly ground

Equipment

- bowl
- paper towels
- sauce pan
- wooden spoon

Directions

- Watch how to make this recipe.
- Add the eggs to a large saucepan filled with cold water. Bring to a boil.
- Remove from heat and let sit in the water for 14 minutes.
- Peel the eggs and slice lengthwise.
- Remove the yolks to a bowl.
- Add the mayonnaise, Dijon, lemon zest, chives, hot sauce and salt and pepper. Mash the yolks together with a wooden spoon. Taste and adjust seasonings, if needed. Fill the egg yolk mixture into the egg whites.
- Heat oil in a deep-fryer to 350 degrees F.
- In a medium bowl, add 1 cup of flour and season with salt and pepper. In another bowl, beat the eggs, in a third bowl, add 1 cup of panko.
- Dip the eggs into the flour, then the egg and finally into the panko. Gently put the eggs into the hot oil. Fry until golden brown.
- Remove to a paper towel lined sheet tray. Season with salt and pepper and garnish with parsley.

Nutrition Facts



■ PROTEIN 19.72% ■ FAT 51.62% ■ CARBS 28.66%

Properties

Glycemic Index:66.5, Glycemic Load:17.36, Inflammation Score:-7, Nutrition Score:26.364782644355%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 517.61kcal (25.88%), Fat: 29.19g (44.9%), Saturated Fat: 7.18g (44.86%), Carbohydrates: 36.46g (12.15%), Net Carbohydrates: 34.55g (12.56%), Sugar: 1.79g (1.99%), Cholesterol: 578.76mg (192.92%), Sodium: 462.23mg (20.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.09g (50.18%), Selenium: 63.27µg (90.38%), Vitamin K: 91.8µg (87.43%), Vitamin B2: 0.93mg (54.65%), Folate: 153.53µg (38.38%), Phosphorus: 373.39mg (37.34%), Vitamin B1: 0.46mg (30.99%), Iron: 5.23mg (29.07%), Vitamin B5: 2.64mg (26.37%), Vitamin A: 1213.81IU (24.28%), Vitamin B12: 1.44µg (24%), Manganese: 0.43mg (21.63%), Vitamin D: 3.11µg (20.72%), Vitamin E: 2.59mg (17.29%), Zinc: 2.52mg (16.78%), Vitamin B3: 3.04mg (15.19%), Vitamin B6: 0.3mg (15.16%), Calcium: 129.18mg (12.92%), Copper: 0.21mg (10.42%), Magnesium: 36.31mg (9.08%), Potassium: 310.33mg (8.87%), Vitamin C: 6.43mg (7.8%), Fiber: 1.91g (7.64%)