



Gluten-Free Zesty Deviled Eggs

 Gluten Free

READY IN



10 min.

SERVINGS



12

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 hardboiled eggs
- ☐ 2 ounces cheese shredded finely
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 tablespoons salad dressing
- ☐ 1 teaspoon horseradish prepared
- ☐ 0.5 teaspoon ground mustard
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon pepper

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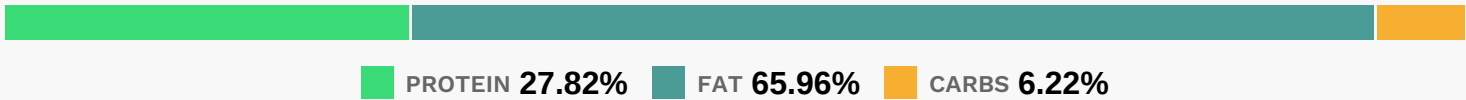
1 serving pimientos cooked sliced

Equipment

Directions

- ☐ Peel eggs; cut lengthwise in half. Slip out yolks and mash with fork.
- ☐ Mix yolks and remaining ingredients except shrimp.
- ☐ Fill egg whites with egg yolk mixture, heaping it lightly.
- ☐ Garnish with shrimp.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:3.5069565267667%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 62.32kcal (3.12%), Fat: 4.49g (6.9%), Saturated Fat: 1.54g (9.66%), Carbohydrates: 0.95g (0.32%), Net Carbohydrates: 0.89g (0.32%), Sugar: 0.75g (0.84%), Cholesterol: 96.98mg (32.33%), Sodium: 121.76mg (5.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.52%), Vitamin K: 13.16µg (12.54%), Selenium: 8.76µg (12.52%), Vitamin B2: 0.14mg (8.4%), Vitamin B12: 0.39µg (6.42%), Phosphorus: 61.54mg (6.15%), Vitamin A: 221.84IU (4.44%), Calcium: 38.4mg (3.84%), Vitamin D: 0.57µg (3.79%), Vitamin B5: 0.36mg (3.6%), Folate: 12.73µg (3.18%), Zinc: 0.42mg (2.8%), Vitamin E: 0.35mg (2.36%), Iron: 0.38mg (2.13%), Vitamin B6: 0.04mg (1.79%), Vitamin B1: 0.02mg (1.33%), Vitamin C: 1.1mg (1.33%), Potassium: 44.08mg (1.26%), Magnesium: 4.45mg (1.11%)