



## Goat Cheese Stuffed Eggs

 Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



162 kcal

SIDE DISH

### Ingredients

- 2 tablespoons celery finely chopped
- 6 large eggs peeled
- 3 tablespoons goat cheese
- 12 servings additional goat cheese and pecans
- 3 tablespoons mayonnaise
- 2 tablespoons chutney
- 1 leaves parsley optional chopped
- 2 tablespoons pecans finely chopped

12 servings salt and pepper black freshly ground

## Equipment

bowl

## Directions

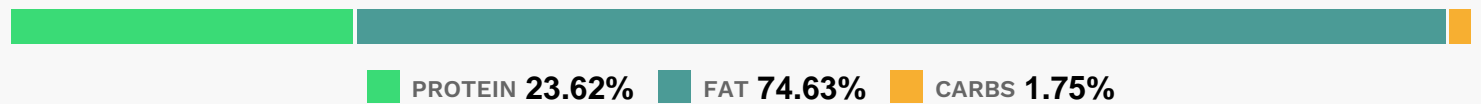
Halve eggs lengthwise.

Remove yolks and place in a small bowl. Mash yolks with fork and stir in goat cheese, mayonnaise, chutney, pecans and celery.

Add salt and pepper, to taste. Fill egg whites evenly with yolk mixture.

Garnish with parsley, goat cheese and pecans, if desired.

## Nutrition Facts



## Properties

Glycemic Index:13, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:5.988260883352%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 162.47kcal (8.12%), Fat: 13.43g (20.66%), Saturated Fat: 6.26g (39.14%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.5g (0.18%), Sugar: 0.5g (0.55%), Cholesterol: 109.88mg (36.63%), Sodium: 225.47mg (9.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.13%), Vitamin B2: 0.25mg (14.44%), Copper: 0.29mg (14.29%), Phosphorus: 141.14mg (14.11%), Selenium: 8.77µg (12.52%), Vitamin A: 564.4IU (11.29%), Vitamin K: 8.36µg (7.96%), Vitamin B6: 0.13mg (6.57%), Manganese: 0.13mg (6.5%), Vitamin B5: 0.64mg (6.36%), Iron: 1.14mg (6.34%), Calcium: 63.44mg (6.34%), Vitamin B12: 0.29µg (4.84%), Zinc: 0.72mg (4.77%), Vitamin D: 0.64µg (4.27%), Folate: 16.94µg (4.23%), Vitamin E: 0.47mg (3.11%), Vitamin B1: 0.05mg (3.02%), Magnesium: 10.77mg (2.69%), Potassium:

56mg (1.6%)