



Herbed Deviled Eggs



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



25

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 8 large eggs
- ☐ 1 tablespoon chives fresh chopped
- ☐ 0.5 tablespoon optional: dill fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 cup mayonnaise
- ☐ 1 Sprigs parsley for garnish, optional
- ☐ 25 servings salt and pepper

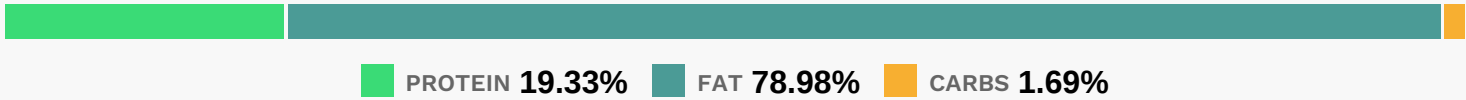
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pastry bag

Directions

- ☐ Put eggs in a single layer in a saucepan.
- ☐ Pour in enough cold water to cover eggs by 1 inch. Bring to a full boil over high heat.
- ☐ Remove saucepan from heat, cover and let stand for 10 minutes. Fill a large bowl with ice water. When eggs are done, immediately drain pan and plunge eggs into ice water.
- ☐ Let cool in ice bath for 2minutes. Peel eggs carefully, keeping whites intact.
- ☐ Cut eggs in half lengthwise and carefully remove yolks to a small bowl. Mash yolks with a fork until smooth. Stir in mayonnaise, mustard, parsley, chives and dill. Season with salt and pepper.
- ☐ Using a teaspoon or a pastry bag fitted with a star tip, fill egg white cavities with yolk mixture.
- ☐ Sprinkle herb garnish over eggs, if desired.
- ☐ Serve immediately, or cover and refrigerate for up to 24 hours (garnish with herbs just before serving).

Nutrition Facts



Properties

Glycemic Index:8.24, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.981304368895%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 43.67kcal (2.18%), Fat: 3.78g (5.81%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 0.18g (0.06%), Net Carbohydrates: 0.15g (0.05%), Sugar: 0.09g (0.1%), Cholesterol: 60.77mg (20.26%), Sodium: 242.2mg (10.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.16%), Vitamin K: 8.46µg (8.06%), Selenium: 5.19µg (7.41%), Vitamin B2: 0.07mg (4.38%), Phosphorus: 33.15mg (3.31%), Vitamin B5: 0.25mg (2.53%), Vitamin B12: 0.15µg (2.43%), Vitamin A: 111.46IU (2.23%), Vitamin D: 0.33µg (2.17%), Folate: 8.15µg (2.04%), Vitamin E: 0.27mg (1.8%), Iron: 0.31mg (1.74%), Zinc: 0.22mg (1.45%), Vitamin B6: 0.03mg (1.41%), Calcium: 10.1mg (1.01%)