



Herbed Stuffed Eggs

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



24

CALORIES



69 kcal

SIDE DISH

Ingredients

- 0.5 cup philadelphia chive & onion
- 0.3 cup grey poupon dijon mustard
- 2 green onions finely chopped
- 12 hard-cooked eggs
- 0.3 cup real mayo mayonnaise kraft
- 2 Tbsp pimentos finely chopped

Equipment

- bowl

Directions

- Cut eggs lengthwise in half.
- Remove yolks; place in medium bowl.
- Add remaining ingredients; mix well.
- Spoon or pipe into egg white halves.
- Refrigerate until ready to serve.

Nutrition Facts

PROTEIN 21.35% **FAT 73.55%** **CARBS 5.1%**

Properties

Glycemic Index:6.63, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.9360869941504%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 68.53kcal (3.43%), Fat: 5.52g (8.49%), Saturated Fat: 1.76g (10.97%), Carbohydrates: 0.86g (0.29%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.53g (0.59%), Cholesterol: 97.16mg (32.39%), Sodium: 96.62mg (4.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.21%), Selenium: 8.64µg (12.35%), Vitamin B2: 0.13mg (7.76%), Vitamin K: 6.09µg (5.8%), Phosphorus: 46.87mg (4.69%), Vitamin B12: 0.28µg (4.67%), Vitamin A: 214.81IU (4.3%), Vitamin D: 0.55µg (3.7%), Vitamin B5: 0.36mg (3.62%), Folate: 12.01µg (3%), Vitamin E: 0.36mg (2.38%), Iron: 0.38mg (2.11%), Calcium: 20.79mg (2.08%), Zinc: 0.29mg (1.93%), Vitamin B6: 0.04mg (1.77%), Vitamin C: 1.24mg (1.5%), Vitamin B1: 0.02mg (1.49%), Potassium: 40.55mg (1.16%), Magnesium: 4.04mg (1.01%)