



Hummus Deviled Eggs

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground plus more for garnish
- 6 eggs
- 1.5 teaspoons horseradish prepared (not creamy)
- 0.3 cup water
- 2 tablespoons olive oil
- 0.3 teaspoon salt

Equipment

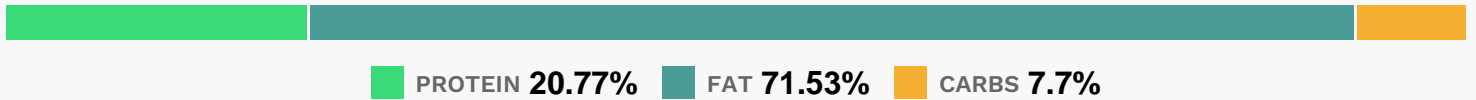
- bowl

- pot
- slotted spoon

Directions

- Put eggs in a medium pot and cover with cold water. Bring to a boil over high heat. Cover, remove pot from heat, and let sit 14 minutes. Fill a large bowl with ice water. With a slotted spoon, transfer eggs to ice water bath (reserve hot water in pot).
- Cool eggs at least 10 minutes, then use a slotted spoon to transfer eggs back to hot water (to loosen shells) for 10 to 20 seconds. Pat dry and peel.
- Cut eggs in half lengthwise. Scoop out egg yolks and put them in a medium bowl.
- Add hummus, olive oil, pepper, salt, and horseradish. Mash mixture together with a fork. Spoon filling into egg white halves, dividing evenly.
- Sprinkle with black pepper.

Nutrition Facts



Properties

Glycemic Index:7.54, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:2.8713043617166%

Nutrients (% of daily need)

Calories: 63.83kcal (3.19%), Fat: 5.09g (7.83%), Saturated Fat: 1.11g (6.94%), Carbohydrates: 1.23g (0.41%), Net Carbohydrates: 0.79g (0.29%), Sugar: 0.13g (0.15%), Cholesterol: 81.84mg (27.28%), Sodium: 108.27mg (4.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.65%), Selenium: 6.95µg (9.93%), Vitamin B2: 0.11mg (6.18%), Phosphorus: 55.85mg (5.58%), Folate: 16.38µg (4.09%), Vitamin E: 0.57mg (3.78%), Vitamin B5: 0.35mg (3.47%), Vitamin B12: 0.2µg (3.26%), Manganese: 0.07mg (3.26%), Iron: 0.57mg (3.18%), Vitamin D: 0.44µg (2.93%), Zinc: 0.41mg (2.76%), Copper: 0.05mg (2.64%), Vitamin B6: 0.05mg (2.58%), Vitamin A: 121.09IU (2.42%), Magnesium: 7.73mg (1.93%), Fiber: 0.44g (1.76%), Calcium: 15.5mg (1.55%), Vitamin K: 1.55µg (1.47%), Vitamin B1: 0.02mg (1.41%), Potassium: 48.06mg (1.37%)