



Japanese Deviled Eggs



Vegetarian



Dairy Free

READY IN



55 min.

SERVINGS



18

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 9 eggs
- ☐ 2 tablespoons green onions thinly sliced
- ☐ 0.5 cup mayonnaise
- ☐ 4 tablespoons panko bread crumbs
- ☐ 2 teaspoons rice wine vinegar
- ☐ 2 tablespoons sesame seed
- ☐ 2 teaspoons soya sauce
- ☐ 2 teaspoons wasabi paste

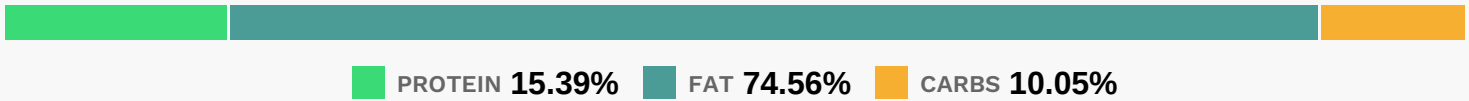
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Place eggs in a saucepan; cover with water. Bring to a boil, remove from heat, and let eggs stand in hot water for 15 minutes.
- ☐ Remove eggs from hot water, cool under cold running water, and peel.
- ☐ Place sesame seeds in a dry skillet over medium heat; cook and stir until lightly browned, about 3 minutes.
- ☐ Remove to cool on a plate lined with a paper towel.
- ☐ Cut each egg in half lengthwise; place egg yolks into a food processor with mayonnaise, soy sauce, wasabi paste, and rice vinegar. Process until smooth; place green onion and panko bread crumbs into yolk mixture and pulse just enough to mix evenly.
- ☐ Arrange egg white halves on a serving platter; spoon yolk mixture into whites.
- ☐ Sprinkle with toasted sesame seeds.

Nutrition Facts



Properties

Glycemic Index:10.11, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:3.4813043682472%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 88.96kcal (4.45%), Fat: 7.31g (11.25%), Saturated Fat: 1.51g (9.41%), Carbohydrates: 2.22g (0.74%), Net Carbohydrates: 1.95g (0.71%), Sugar: 0.28g (0.32%), Cholesterol: 84.45mg (28.15%), Sodium: 124.57mg (5.42%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.79%), Vitamin K: 11.73µg (11.18%), Selenium: 7.78µg (11.11%), Vitamin B2: 0.12mg (6.77%), Phosphorus: 55.7mg (5.57%), Iron: 0.67mg (3.7%), Vitamin B5: 0.36mg (3.65%), Folate: 14.54µg (3.63%), Vitamin B12: 0.21µg (3.52%), Copper: 0.06mg (3.07%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.44mg (2.95%), Manganese: 0.06mg (2.79%), Zinc: 0.41mg (2.73%), Calcium: 26.91mg (2.69%), Vitamin B1: 0.04mg (2.63%), Vitamin A: 129.77IU (2.6%), Vitamin B6: 0.05mg (2.54%), Magnesium: 7.57mg (1.89%), Potassium: 46.54mg (1.33%), Vitamin B3: 0.24mg (1.19%), Fiber: 0.27g (1.08%)