



Lemon-Parsley Deviled Eggs



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



27 min.

SERVINGS



100

CALORIES



13 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 12 eggs
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.5 teaspoon lemon zest
- ☐ 6 tablespoons mayonnaise
- ☐ 0.1 teaspoon salt

Equipment

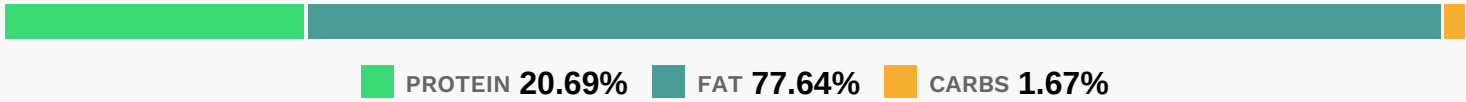
- ☐ bowl

☐ sauce pan

Directions

- ☐ Place eggs in a single layer in a stainless-steel saucepan. (Do not use nonstick.)
- ☐ Add water to a depth of 3 inches. Bring to a boil; cook 1 minute. Cover, remove from heat, and let stand 10 minutes.
- ☐ Drain.
- ☐ Tap each egg firmly on the counter until cracks form all over the shell. Peel under cold running water.
- ☐ Cut eggs in half crosswise, and carefully remove yolks. Mash yolks in a bowl; stir in mayonnaise and next 4 ingredients. Spoon or pipe egg yolk mixture into egg white halves.
- ☐ Serve immediately, or cover and chill 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:1.14, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.60652174857324%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 13.37kcal (0.67%), Fat: 1.14g (1.75%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 0.05g (0.02%), Net Carbohydrates: 0.05g (0.02%), Sugar: 0.03g (0.03%), Cholesterol: 19.99mg (6.66%), Sodium: 17.41mg (0.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Selenium: 1.69µg (2.42%), Vitamin K: 2.04µg (1.95%), Vitamin B2: 0.02mg (1.44%), Phosphorus: 10.82mg (1.08%)