



Luxe Truffle Deviled Eggs



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 tiny chive flowers
- ☐ 2 tablespoons crème fraîche sour
- ☐ 12 hard-cooked eggs
- ☐ 2 tablespoons mayonnaise
- ☐ 20 servings fresh-cracked pepper black
- ☐ 0.3 teaspoon salt
- ☐ 20 servings lava salt black
- ☐ 2 tablespoons truffle oil

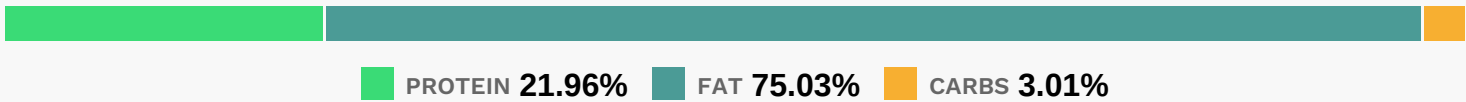
Equipment

- ☐ mixing bowl
- ☐ hand mixer
- ☐ pastry bag

Directions

- ☐ Halve the eggs lengthwise and transfer the yolks to a mixing bowl. Set 20 egg white halves on a platter, cover, and refrigerate. This recipe uses 12 egg yolks, but only yields enough filling for 20 halves; reserve the extra 4 whites for another use.
- ☐ With a fork, mash the yolks to a smooth consistency.
- ☐ Add the mayonnaise, sour cream, truffle oil, and salt, and mix until smooth. (You can also do this using an electric mixer with a whip attachment.) Taste and season accordingly.
- ☐ Spoon the mixture into a pastry bag fitted with a plain or large star tip, then pipe the mixture evenly into the egg white halves. Or fill the eggs with a spoon, dividing the filling evenly.
- ☐ Top each egg half with a tiny sprinkle of black lava salt, a grind of fresh-cracked black pepper, and a chive flower, if using.
- ☐ Tip
- ☐ Specialty salts, such as black lava salt or other gourmet varieties, are available both online and in specialty and gourmet food stores.
- ☐ From D'Lish Deviled Eggs by Kathy Casey, (C) © 2013 Andrews McMeel Publishing, LLC

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:3.2760869672765%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 71.47kcal (3.57%), Fat: 5.87g (9.04%), Saturated Fat: 1.46g (9.13%), Carbohydrates: 0.53g (0.18%), Net Carbohydrates: 0.49g (0.18%), Sugar: 0.46g (0.51%), Cholesterol: 113.2mg (37.73%), Sodium: 269.47mg (11.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.74%), Selenium: 9.33µg (13.33%), Vitamin B2: 0.16mg (9.31%), Vitamin B12: 0.34µg (5.62%), Phosphorus: 53.82mg (5.38%), Vitamin K: 5.5µg (5.24%), Vitamin D: 0.66µg (4.42%), Vitamin A: 217.44IU (4.35%), Vitamin B5: 0.43mg (4.31%), Vitamin E: 0.57mg (3.8%), Folate: 14.62µg (3.66%), Vitamin C: 2.03mg (2.46%), Iron: 0.4mg (2.2%), Zinc: 0.33mg (2.2%), Vitamin B6: 0.04mg (2.17%), Calcium: 17.54mg (1.75%), Vitamin B1: 0.02mg (1.45%), Potassium: 45.82mg (1.31%)