



 1%
HEALTH SCORE

My Best Ever Deviled Eggs!



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

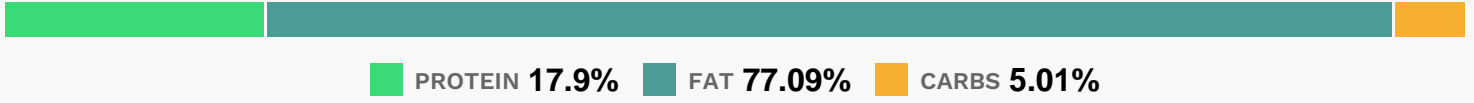
APPETIZER

Ingredients

- 0.5 teaspoon ground mustard dry
- 6 hardboiled eggs
- 0.3 cup mayonnaise
- 1 teaspoon paprika (to garnish)
- 0.3 teaspoon salt
- 1 tablespoon pickle relish sweet
- 1 teaspoon vinegar
- 0.5 teaspoon worcestershire sauce

Equipment

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:5.8030434782609%

Nutrients (% of daily need)

Calories: 146.54kcal (7.33%), Fat: 12.4g (19.08%), Saturated Fat: 2.74g (17.11%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 1.65g (0.6%), Sugar: 1.44g (1.6%), Cholesterol: 190.42mg (63.47%), Sodium: 245.2mg (10.66%), Protein: 6.48g (12.96%), Selenium: 15.99µg (22.84%), Vitamin K: 17.74µg (16.9%), Vitamin B2: 0.26mg (15.55%), Vitamin B12: 0.57µg (9.44%), Vitamin A: 461.14IU (9.22%), Phosphorus: 91.07mg (9.11%), Vitamin D: 1.12µg (7.46%), Vitamin B5: 0.72mg (7.25%), Vitamin E: 0.94mg (6.28%), Folate: 22.97µg (5.74%), Iron: 0.75mg (4.17%), Zinc: 0.57mg (3.79%), Vitamin B6: 0.07mg (3.47%), Calcium: 27.67mg (2.77%), Vitamin B1: 0.04mg (2.45%), Potassium: 78.36mg (2.24%), Magnesium: 6.5mg (1.63%), Manganese: 0.02mg (1.21%)