



Olive and Herb Deviled Eggs



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



16

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 hardboiled eggs
- ☐ 0.3 cup salad dressing
- ☐ 2 tablespoons parsley finely chopped
- ☐ 2 tablespoons marjoram fresh finely chopped
- ☐ 2 tablespoons chives fresh finely chopped
- ☐ 0.5 teaspoon garlic
- ☐ 0.5 cup olives ripe chopped
- ☐ 8 olives pitted ripe

☐ 1 sprigs parsley fresh

Equipment

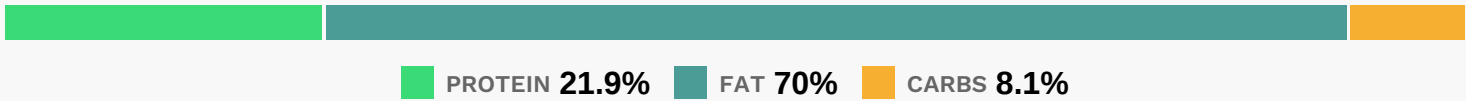
☐ bowl

☐ knife

Directions

- ☐ Cut peeled eggs lengthwise in half with rippled vegetable cutter or sharp knife. Carefully remove yolks and place in small bowl; mash with fork. Reserve egg white halves.
- ☐ Mix mashed yolks, mayonnaise, chopped herbs, garlic pepper and chopped olives. Carefully spoon mixture into egg white halves, mounding lightly.
- ☐ Cut whole pitted olives into slices; top each egg half with olive slices.
- ☐ Garnish with small herb
- ☐ sprig or leaves.

Nutrition Facts



Properties

Glycemic Index:10.69, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.4365217193313%

Flavonoids

Apigenin: 1.75mg, Apigenin: 1.75mg, Apigenin: 1.75mg, Apigenin: 1.75mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 60.06kcal (3%), Fat: 4.65g (7.15%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.86g (0.95%), Cholesterol: 93.25mg (31.08%), Sodium: 177.11mg (7.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.54%), Vitamin K: 17.03µg (16.22%), Selenium: 7.87µg (11.24%), Vitamin B2: 0.13mg (7.65%), Vitamin A: 240.98IU (4.82%), Vitamin B12: 0.28µg (4.63%), Phosphorus: 44.82mg (4.48%), Vitamin E: 0.61mg (4.06%), Vitamin D: 0.55µg (3.67%), Vitamin B5: 0.36mg (3.56%), Folate: 12.82µg (3.2%), Iron: 0.4mg (2.21%), Vitamin B6: 0.04mg (1.89%), Zinc: 0.28mg (1.87%), Calcium: 18.01mg (1.8%),

Vitamin C: 1.35mg (1.63%), Vitamin B1: 0.02mg (1.33%), Potassium: 44.21mg (1.26%)