



Parmesan-Oregano Deviled Eggs

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons dijon mustard
- ☐ 6 eggs
- ☐ 12 servings salt and ground pepper black to taste
- ☐ 0.3 cup mayonnaise light
- ☐ 1 teaspoon oregano dried
- ☐ 1 tablespoon parmesan cheese grated to taste
- ☐ 1 dash pepper sauce hot

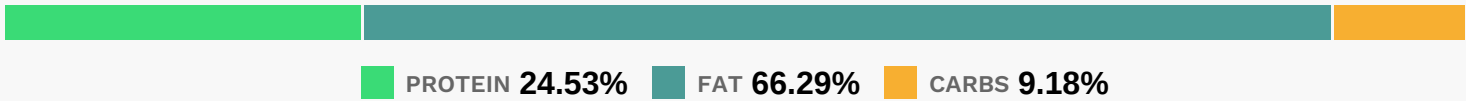
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ziploc bags

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.
- ☐ Cut each egg in half lengthwise; place egg yolks in a bowl. Mash yolks with a fork; stir in mayonnaise, Dijon mustard, Parmesan cheese, oregano, and pepper sauce; season with salt and pepper.
- ☐ Arrange egg whites cut-side up on a serving platter. Spoon yolk mixture into a resealable plastic bag; snip off one corner of the bag, and pipe filling into egg white halves.
- ☐ Sprinkle deviled eggs with Cheddar cheese and paprika.

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:2.7643478285197%

Nutrients (% of daily need)

Calories: 51kcal (2.55%), Fat: 3.73g (5.73%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.36g (0.4%), Cholesterol: 83.2mg (27.73%), Sodium: 131.52mg (5.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.21%), Selenium: 8.35µg (11.93%), Vitamin B2: 0.11mg (6.21%), Phosphorus: 51.59mg (5.16%), Vitamin K: 4.67µg (4.45%), Vitamin B5: 0.36mg (3.56%), Vitamin B12: 0.2µg (3.36%), Vitamin D: 0.44µg (2.95%), Iron: 0.53mg (2.92%), Folate: 11.29µg (2.82%), Vitamin E: 0.41mg (2.76%), Vitamin A: 132.82IU (2.66%), Zinc: 0.34mg (2.24%), Manganese: 0.04mg (2.18%), Calcium: 21.84mg (2.18%), Vitamin B6: 0.04mg (2.12%), Magnesium: 5.33mg (1.33%), Potassium: 42.12mg (1.2%), Vitamin B1: 0.02mg (1.13%), Copper: 0.02mg (1.12%), Fiber: 0.26g (1.03%)