







Parsley Deviled Eggs

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



16

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons parsley fresh chopped
- 0.5 teaspoon ground mustard
- 8 hardboiled eggs peeled
- 0.3 teaspoon pepper
- 0.3 cup salad dressing
- 0.3 teaspoon salt

Equipment

Directions

- Cut eggs lengthwise in half. Slip out yolks and mash with fork.
- Mix remaining ingredients into yolks.
- Fill whites with egg yolk mixture, heaping it lightly. Arrange eggs on large serving plate. Cover and refrigerate up to 24 hours.

Nutrition Facts

PROTEIN 27.16% **FAT 66.09%** **CARBS 6.75%**

Properties

Glycemic Index:4, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.8604348120482%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Nutrients (% of daily need)

Calories: 48.14kcal (2.41%), Fat: 3.45g (5.32%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 0.79g (0.26%), Net Carbohydrates: 0.76g (0.28%), Sugar: 0.69g (0.76%), Cholesterol: 93.25mg (31.08%), Sodium: 104.09mg (4.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.39%), Selenium: 7.91µg (11.29%), Vitamin K: 10.39µg (9.89%), Vitamin B2: 0.13mg (7.59%), Vitamin B12: 0.28µg (4.63%), Phosphorus: 44.41mg (4.44%), Vitamin D: 0.55µg (3.67%), Vitamin B5: 0.35mg (3.52%), Vitamin A: 173.63IU (3.47%), Folate: 11.87µg (2.97%), Vitamin E: 0.35mg (2.3%), Iron: 0.35mg (1.93%), Zinc: 0.27mg (1.83%), Vitamin B6: 0.03mg (1.67%), Calcium: 13.99mg (1.4%), Vitamin B1: 0.02mg (1.21%), Potassium: 38.24mg (1.09%)