



Pecan-Stuffed Deviled Eggs



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon mustard dry
- ☐ 0.5 teaspoon parsley fresh chopped
- ☐ 6 hard-cooked eggs
- ☐ 0.3 cup mayonnaise
- ☐ 1 teaspoon onion grated
- ☐ 0.3 cup pecans coarsely chopped
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vinegar white

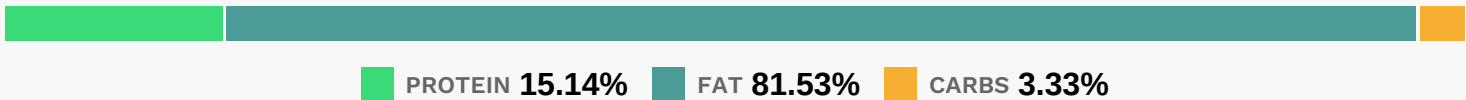
Equipment

☐ bowl

Directions

- ☐ Cut eggs in half lengthwise, and carefully remove yolks.
- ☐ Mash yolks in a small bowl. Stir in mayonnaise and next 5 ingredients, and blend well. Stir in pecans.
- ☐ Spoon or pipe yolk mixture evenly into egg-white halves.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:6.7795651976181%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 183.94kcal (9.2%), Fat: 16.71g (25.7%), Saturated Fat: 3.1g (19.39%), Carbohydrates: 1.53g (0.51%), Net Carbohydrates: 0.93g (0.34%), Sugar: 0.88g (0.98%), Cholesterol: 190.42mg (63.47%), Sodium: 169.77mg (7.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.96%), Selenium: 16.2µg (23.14%), Vitamin B2: 0.27mg (15.69%), Vitamin K: 15.72µg (14.97%), Manganese: 0.29mg (14.56%), Phosphorus: 106.25mg (10.62%), Vitamin B12: 0.57µg (9.44%), Vitamin B5: 0.77mg (7.69%), Vitamin D: 1.12µg (7.46%), Vitamin E: 0.91mg (6.1%), Folate: 24.14µg (6.04%), Zinc: 0.82mg (5.5%), Vitamin A: 270.22IU (5.4%), Vitamin B1: 0.08mg (5.03%), Iron: 0.79mg (4.36%), Copper: 0.08mg (4.11%), Vitamin B6: 0.08mg (3.75%), Magnesium: 13.08mg (3.27%), Calcium: 30.6mg (3.06%), Potassium: 91.48mg (2.61%), Fiber: 0.61g (2.43%)