



## Perfect Deviled Eggs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



60 min.

SERVINGS



16

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoon parsley dried for garnish
- 8 eggs
- 2 tablespoons horseradish cream-style
- 0.3 cup mayonnaise
- 1 teaspoon paprika for garnish
- 1 drop hot sauce hot to taste
- 16 servings salt and pepper to taste
- 2 tablespoons worcestershire sauce

## Equipment

- sauce pan
- mixing bowl
- ziploc bags

## Directions

- Place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil; remove from the heat and let the eggs stand in the hot water for 15 minutes.
- Drain the hot water and cool the eggs under cold running water in the sink; peel the cooled eggs.
- Cut the chilled eggs in half lengthwise.
- Place the yolks into a mixing bowl and set the whites aside. Mash the yolks with a fork until smooth; stir in the mayonnaise, Worcestershire sauce, horseradish sauce, hot sauce, salt, and pepper. Spoon the yolk mixture into a heavy plastic bag; snip a corner off the bag to create a 1/2-inch opening. Pipe the yolks into the egg white halves.
- Sprinkle with parsley and paprika to garnish.

## Nutrition Facts

**PROTEIN 17.47%** **FAT 77.18%** **CARBS 5.35%**

## Properties

Glycemic Index:6.25, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.7504347640535%

## Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

## Nutrients (% of daily need)

Calories: 66.1kcal (3.31%), Fat: 5.61g (8.63%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 0.88g (0.29%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.48g (0.54%), Cholesterol: 83.8mg (27.93%), Sodium: 290.44mg (12.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Selenium: 6.93µg (9.91%), Vitamin K: 7.9µg (7.53%), Vitamin B2: 0.11mg (6.25%), Phosphorus: 46.82mg (4.68%), Vitamin A: 185.25IU (3.7%), Vitamin B5: 0.35mg

(3.5%), Vitamin B12: 0.2µg (3.36%), Iron: 0.54mg (3.03%), Vitamin D: 0.45µg (3%), Folate: 11.89µg (2.97%), Vitamin E: 0.42mg (2.82%), Zinc: 0.32mg (2.11%), Vitamin B6: 0.04mg (2.09%), Calcium: 16.5mg (1.65%), Potassium: 55.97mg (1.6%), Copper: 0.02mg (1.16%)