



Pesto Deviled Eggs

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



24

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 hardboiled eggs peeled
- 0.3 cup mayonnaise
- 2 tablespoons basil pesto
- 1 tablespoon parsley fresh chopped

Equipment

- bowl

Directions

- Cut eggs lengthwise in half. Slip out yolks into small bowl; mash with fork.
- Stir mayonnaise and pesto into yolks until smooth and creamy. Fill whites with egg yolk mixture, heaping it lightly. Cover and refrigerate up to 24 hours.
- Just before serving, garnish with basil leaves.

Nutrition Facts

PROTEIN 22.18% **FAT 75.05%** **CARBS 2.77%**

Properties

Glycemic Index:3.42, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.6108695718905%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 59.51kcal (2.98%), Fat: 4.86g (7.48%), Saturated Fat: 1.17g (7.31%), Carbohydrates: 0.4g (0.13%), Net Carbohydrates: 0.38g (0.14%), Sugar: 0.33g (0.37%), Cholesterol: 94.33mg (31.44%), Sodium: 57.6mg (2.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Selenium: 7.75µg (11.08%), Vitamin B2: 0.13mg (7.58%), Vitamin K: 6.61µg (6.3%), Vitamin B12: 0.28µg (4.67%), Phosphorus: 43.59mg (4.36%), Vitamin D: 0.55µg (3.7%), Vitamin B5: 0.35mg (3.54%), Vitamin A: 170.76IU (3.42%), Folate: 11.37µg (2.84%), Vitamin E: 0.34mg (2.24%), Zinc: 0.27mg (1.79%), Iron: 0.32mg (1.78%), Vitamin B6: 0.03mg (1.53%), Calcium: 14.93mg (1.49%), Vitamin B1: 0.02mg (1.13%)