



Picnic Deviled Eggs



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons celery minced
- ☐ 1 tablespoon dill pickle minced
- ☐ 2 teaspoons flat-leaf parsley fresh chopped
- ☐ 6 large hard-cooked eggs peeled
- ☐ 1 Dash hot sauce
- ☐ 0.1 teaspoon kosher salt
- ☐ 3 tablespoons mayonnaise
- ☐ 12 servings paprika

☐ 0.1 teaspoon worcestershire sauce

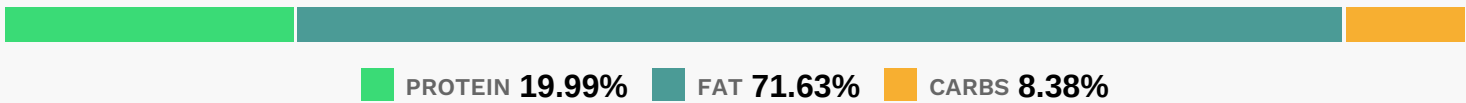
Equipment

☐ bowl

Directions

- ☐ Halve the eggs lengthwise and pop the yolks from the whites. Set the whites aside, rounded side up on a plate.
- ☐ Mix the yolks with the mayonnaise and Worcestershire sauce in a medium bowl until the mixture is smooth and light.
- ☐ Add the celery, pickle, parsley, and season with the salt and hot sauce.
- ☐ Spoon the yolk mixture back into the whites and sprinkle with paprika.
- ☐ Serve now or cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.07, Inflammation Score:-6, Nutrition Score:4.4721739641998%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 68.58kcal (3.43%), Fat: 5.54g (8.52%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 1.46g (0.49%), Net Carbohydrates: 0.72g (0.26%), Sugar: 0.55g (0.61%), Cholesterol: 94.72mg (31.57%), Sodium: 90.87mg (3.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.95%), Vitamin A: 1127.06IU (22.54%), Selenium: 7.91µg (11.3%), Vitamin B2: 0.16mg (9.12%), Vitamin K: 8.26µg (7.86%), Vitamin E: 0.96mg (6.4%), Phosphorus: 50.58mg (5.06%), Vitamin B12: 0.28µg (4.7%), Vitamin B5: 0.41mg (4.1%), Iron: 0.74mg (4.1%), Vitamin B6: 0.07mg (3.74%), Vitamin D: 0.56µg (3.71%), Folate: 12.76µg (3.19%), Fiber: 0.73g (2.93%), Zinc: 0.36mg (2.39%), Potassium: 83.26mg (2.38%), Manganese: 0.04mg (2.03%), Calcium: 18.66mg (1.87%), Vitamin B1: 0.02mg (1.62%), Magnesium: 6.35mg (1.59%), Vitamin B3: 0.22mg (1.12%)