



Pinkish Deviled Eggs



Gluten Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 tablespoons cod roe
- ☐ 4 eggs
- ☐ 1 teaspoon parsley fresh minced
- ☐ 4 servings salt to taste
- ☐ 1 tablespoon butter unsalted

Equipment

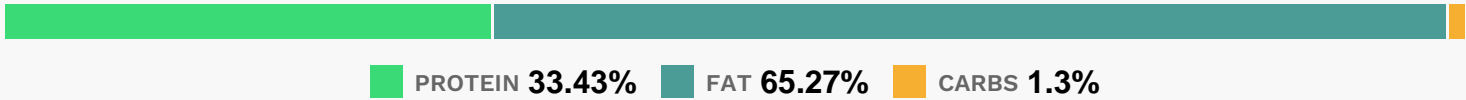
- ☐ sauce pan
- ☐ oven

- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Wrap cod roe with lightly oiled aluminum foil.
- ☐ Bake for 20 minutes.
- ☐ Place eggs in a saucepan, and add enough cold water to cover the eggs. Bring it to boil, cover, and then remove from heat. Set aside for 12 minutes.
- ☐ Drain, and pour cold water over the eggs to cool them.
- ☐ Remove eggshells, and slice the eggs in half lengthwise.
- ☐ Place yolks in a mixing bowl, and mix with cooked cod roe and butter. Season to taste with salt. Spoon the yolk mixture onto the egg white halves.
- ☐ Sprinkle minced parsley on top, and serve.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:5.2356522018495%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg

Nutrients (% of daily need)

Calories: 100.15kcal (5.01%), Fat: 7.12g (10.96%), Saturated Fat: 3.19g (19.97%), Carbohydrates: 0.32g (0.11%), Net Carbohydrates: 0.32g (0.12%), Sugar: 0.17g (0.18%), Cholesterol: 177.56mg (59.19%), Sodium: 264.65mg (11.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.21g (16.42%), Selenium: 18.44µg (26.34%), Vitamin B2: 0.21mg (12.47%), Phosphorus: 117.99mg (11.8%), Vitamin B12: 0.53µg (8.87%), Vitamin D: 1.07µg (7.1%), Vitamin B5: 0.7mg (7.01%), Vitamin A: 333.09IU (6.66%), Vitamin B6: 0.11mg (5.56%), Folate: 21.86µg (5.46%), Iron: 0.83mg (4.61%), Zinc: 0.64mg (4.25%), Vitamin E: 0.64mg (4.25%), Potassium: 122.81mg (3.51%), Calcium: 28mg (2.8%), Magnesium: 10.1mg (2.52%), Vitamin B1: 0.03mg (1.94%), Copper: 0.04mg (1.83%), Vitamin B3: 0.34mg (1.7%)