



Pizza Deviled Eggs

 Gluten Free

READY IN



10 min.

SERVINGS



24

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 hardboiled eggs peeled
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup pizza cheese italian
- ☐ 1 serving salt
- ☐ 1 serving bell pepper
- ☐ 0.3 cup pepperoni mini
- ☐ 2 tablespoons spring onion chopped

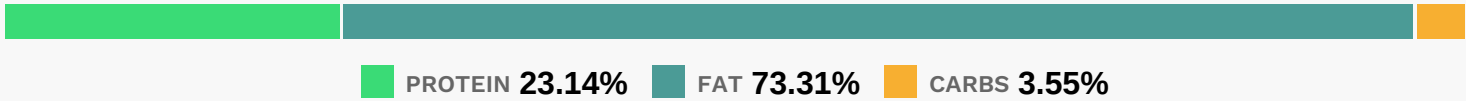
Equipment

☐ bowl

Directions

- ☐ Cut eggs lengthwise in half. Slip out yolks into small bowl; mash with fork.
- ☐ Stir mayonnaise and cheese into yolks until smooth and creamy. Stir in salt and pepper to taste. Fill whites with egg yolk mixture, heaping it lightly. Press several mini pepperoni slices onto the top of each egg. Cover and refrigerate up to 24 hours.
- ☐ Just before serving, garnish with green onions.

Nutrition Facts



Properties

Glycemic Index:5.92, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:3.053478234488%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 65.26kcal (3.26%), Fat: 5.24g (8.07%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 0.57g (0.19%), Net Carbohydrates: 0.49g (0.18%), Sugar: 0.44g (0.48%), Cholesterol: 95.61mg (31.87%), Sodium: 74.91mg (3.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.45%), Selenium: 8.1µg (11.57%), Vitamin B2: 0.13mg (7.93%), Vitamin B12: 0.3µg (4.93%), Vitamin C: 4.07mg (4.93%), Vitamin K: 5.13µg (4.89%), Vitamin A: 233.69IU (4.67%), Phosphorus: 46.34mg (4.63%), Vitamin D: 0.57µg (3.8%), Vitamin B5: 0.38mg (3.78%), Folate: 12.92µg (3.23%), Vitamin E: 0.4mg (2.65%), Vitamin B6: 0.04mg (2.2%), Zinc: 0.3mg (2.03%), Iron: 0.34mg (1.88%), Calcium: 15.83mg (1.58%), Vitamin B1: 0.02mg (1.46%), Potassium: 43.12mg (1.23%)