



Quick and Easy Deviled Eggs

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese spread
- 2 tsp grey poupon dijon mustard
- 12 hard-cooked eggs

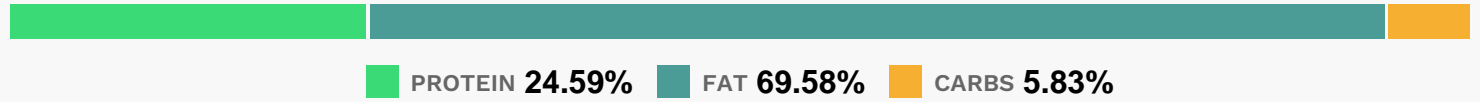
Equipment

- bowl

Directions

- Mash egg yolks in medium bowl with fork.
- Add cream cheese spread and mustard; mix well.
- Fill whites with yolk mixture.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:5.7139130526263%

Nutrients (% of daily need)

Calories: 149.86kcal (7.49%), Fat: 11.31g (17.41%), Saturated Fat: 5.12g (32.01%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 2.09g (0.76%), Sugar: 1.39g (1.54%), Cholesterol: 237.86mg (79.29%), Sodium: 190.63mg (8.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9g (17.99%), Selenium: 18.82µg (26.89%), Vitamin B2: 0.31mg (18.14%), Vitamin B12: 0.67µg (11.1%), Vitamin A: 528.17IU (10.56%), Phosphorus: 104.28mg (10.43%), Vitamin D: 1.32µg (8.8%), Vitamin B5: 0.84mg (8.42%), Folate: 26.47µg (6.62%), Calcium: 57.85mg (5.78%), Zinc: 0.64mg (4.24%), Vitamin E: 0.62mg (4.14%), Iron: 0.73mg (4.05%), Vitamin B6: 0.07mg (3.66%), Vitamin B1: 0.04mg (2.77%), Potassium: 77.1mg (2.2%), Magnesium: 6.48mg (1.62%)