



## Quick Salmon Deviled Eggs

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



36

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 6 ounces salmon cream cheese spread smoked
- ☐ 18 eggs
- ☐ 2 tablespoons mayonnaise
- ☐ 36 servings paprika to taste

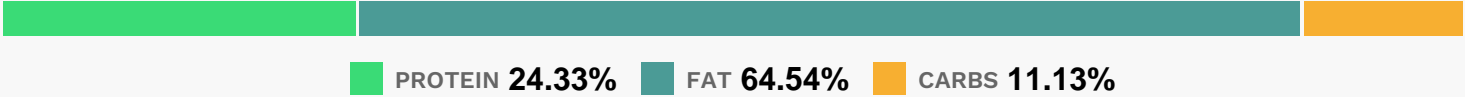
## Equipment

- ☐ sauce pan
- ☐ mixing bowl

## Directions

- ☐ Place the eggs into a saucepan in a single layer, and fill with cold water to cover the eggs by at least 1 inch. Cover the saucepan, and bring the water to a boil over high heat.
- ☐ Remove from the heat, and let the eggs stand in the hot water for 15 minutes.
- ☐ Remove eggs from water, and cool. Peel once cold.
- ☐ Cut the eggs in half lengthwise.
- ☐ Place the egg yolks in a mixing bowl, and set the whites aside. Mash the yolks with the cream cheese and mayonnaise until thoroughly blended. Fill the egg white halves with the egg yolk mixture using a spoon.
- ☐ Sprinkle with paprika. Refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:1.81, Glycemic Load:0.06, Inflammation Score:-6, Nutrition Score:3.9939130604591%

## Nutrients (% of daily need)

Calories: 54.11kcal (2.71%), Fat: 3.96g (6.09%), Saturated Fat: 1.48g (9.25%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 0.84g (0.3%), Sugar: 0.44g (0.49%), Cholesterol: 85.1mg (28.37%), Sodium: 59.46mg (2.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.71%), Vitamin A: 1149.27IU (22.99%), Selenium: 6.9µg (9.85%), Vitamin B2: 0.13mg (7.37%), Vitamin E: 0.84mg (5.59%), Phosphorus: 50mg (5%), Iron: 0.81mg (4.5%), Vitamin B6: 0.08mg (4.01%), Vitamin B5: 0.39mg (3.89%), Vitamin B12: 0.2µg (3.28%), Vitamin D: 0.44µg (2.94%), Folate: 11.36µg (2.84%), Vitamin K: 2.94µg (2.8%), Fiber: 0.7g (2.79%), Zinc: 0.37mg (2.48%), Calcium: 22.63mg (2.26%), Potassium: 76.12mg (2.17%), Manganese: 0.04mg (1.9%), Magnesium: 6.21mg (1.55%), Copper: 0.03mg (1.51%), Vitamin B3: 0.22mg (1.09%), Vitamin B1: 0.02mg (1.03%)