



## Savory Deviled Eggs

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3 tablespoons olives black chopped
- 2 garlic cloves minced
- 12 hard-cooked eggs peeled
- 20 servings hot sauce to taste
- 1 teaspoon lemon rind grated
- 0.5 cup olive oil
- 20 servings garnish: parsley fresh chopped
- 20 servings salt and pepper to taste

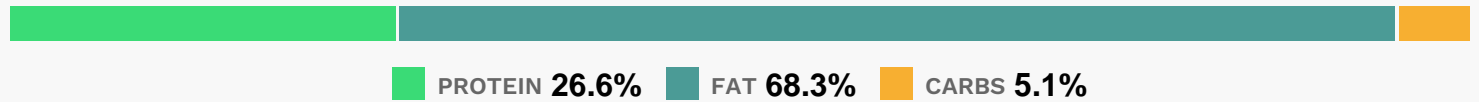
# Equipment

- food processor

# Directions

- Slice eggs in half lengthwise; carefully remove yolks, keeping egg white halves intact. Process yolks, garlic, olives, and lemon rind in a food processor until combined, stopping to scrape down sides. With food processor running, gradually pour olive oil through food chute in a slow, steady stream, processing until mixture thickens. Stir in salt, pepper, and hot sauce to taste.
- Spoon yolk mixture evenly into egg white halves.
- Garnish, if desired.

# Nutrition Facts



# Properties

Glycemic Index:3.1, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:6.4591304582098%

# Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

# Nutrients (% of daily need)

Calories: 59.73kcal (2.99%), Fat: 4.48g (6.89%), Saturated Fat: 1.16g (7.24%), Carbohydrates: 0.75g (0.25%), Net Carbohydrates: 0.56g (0.2%), Sugar: 0.38g (0.43%), Cholesterol: 111.9mg (37.3%), Sodium: 254.67mg (11.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.85%), Vitamin K: 66.36µg (63.2%), Selenium: 9.3µg (13.28%), Vitamin A: 497.92IU (9.96%), Vitamin B2: 0.16mg (9.32%), Vitamin C: 5.62mg (6.81%), Vitamin B12: 0.33µg (5.55%), Phosphorus: 54.45mg (5.45%), Folate: 19.34µg (4.84%), Vitamin D: 0.66µg (4.4%), Vitamin B5: 0.44mg (4.38%), Vitamin E: 0.54mg (3.61%), Iron: 0.63mg (3.47%), Zinc: 0.36mg (2.42%), Vitamin B6: 0.04mg (2.22%), Calcium: 21.96mg (2.2%), Potassium: 62.02mg (1.77%), Vitamin B1: 0.02mg (1.61%), Magnesium: 5.23mg (1.31%)