



Smoked-Salmon Deviled Eggs



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



30

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cornichons cut into 1/4-inch dice, plus 2 teaspoons pickling liquid from the jar
- ☐ 2 teaspoons dijon mustard
- ☐ 8 large eggs
- ☐ 0.3 cup mayonnaise
- ☐ 30 servings old bay seasoning for sprinkling
- ☐ 30 servings salt
- ☐ 2 ounces salmon smoked finely chopped

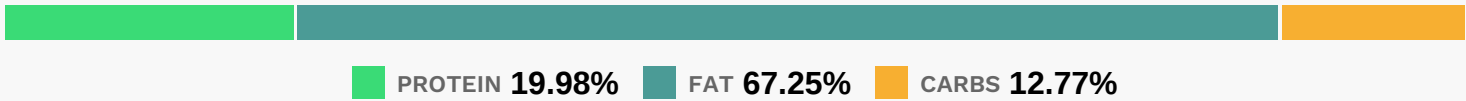
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a large saucepan, cover the eggs with water and bring to a vigorous boil. Cover the saucepan, remove from the heat and let stand for 10 minutes.
- ☐ Drain off the water and shake the pan gently to crack the eggs. Cool the eggs slightly under cold running water, then peel them under running water. Pat dry.
- ☐ Cut the eggs in half lengthwise and carefully remove the yolks.
- ☐ Transfer the yolks to a bowl and mash well with a fork. Stir in the salmon, mayonnaise, cornichons, cornichon liquid and Dijon mustard. Season with salt. Mound the filling in the egg-white halves and sprinkle with Old Bay.
- ☐ Serve lightly chilled.

Nutrition Facts



Properties

Glycemic Index:2.73, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:3.3321739422238%

Nutrients (% of daily need)

Calories: 44.55kcal (2.23%), Fat: 3.37g (5.19%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 1.44g (0.48%), Net Carbohydrates: 1.2g (0.44%), Sugar: 0.13g (0.15%), Cholesterol: 51.08mg (17.03%), Sodium: 248.36mg (10.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.51%), Vitamin K: 20.24µg (19.28%), Selenium: 5.02µg (7.17%), Manganese: 0.14mg (7.16%), Iron: 0.97mg (5.38%), Vitamin D: 0.59µg (3.97%), Vitamin B2: 0.07mg (3.96%), Phosphorus: 33.81mg (3.38%), Vitamin B12: 0.18µg (3.05%), Calcium: 28.12mg (2.81%), Vitamin B6: 0.05mg (2.74%), Vitamin A: 128.27IU (2.57%), Folate: 9.21µg (2.3%), Vitamin B5: 0.23mg (2.26%), Vitamin E: 0.27mg (1.83%), Zinc: 0.25mg (1.65%), Magnesium: 6.61mg (1.65%), Copper: 0.03mg (1.59%), Potassium: 36.44mg (1.04%)