



Smoked Salmon Deviled Eggs

 Gluten Free

READY IN



60 min.

SERVINGS



24

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 eggs
- ☐ 3 tablespoons salad dressing
- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons cream sour
- ☐ 1 teaspoon optional: dill fresh finely chopped
- ☐ 0.1 teaspoon pepper white
- ☐ 0.3 cup salmon smoked chopped (lox) (from a 4-oz package)
- ☐ 1 teaspoon capers

☐ 1 serving optional: dill fresh

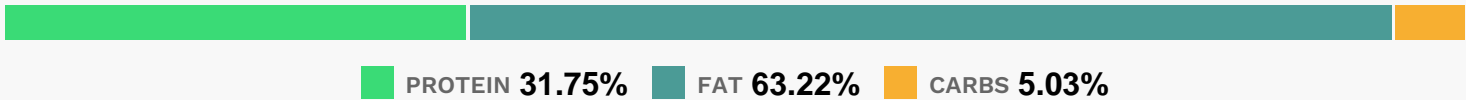
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ziploc bags
- ☐ pastry bag

Directions

- ☐ In 3-quart saucepan, place eggs in single layer; add enough cold water to cover eggs by 1 inch. Cover; heat to boiling.
- ☐ Remove from heat; let stand covered 15 minutes. Immediately cool eggs about 10 minutes in cold water to prevent further cooking.
- ☐ Tap egg to crack shell; roll egg between hands to loosen shell, then peel.
- ☐ Cut eggs lengthwise in half. Slip out yolk into medium bowl; reserve egg white halves. Mash yolks with fork. Stir in mayonnaise, mustard, sour cream, dill weed and pepper until well blended. Stir in salmon.
- ☐ Spoon yolk mixture in 1-quart resealable freezer plastic bag or pastry bag fitted with tip; seal bag.
- ☐ Cut small hole in bottom corner of plastic bag. Squeeze bag to pipe yolk mixture into egg white halves.
- ☐ Refrigerate at least 30 minutes or up to 24 hours before serving. Just before serving top with capers and dill weed.

Nutrition Facts



Properties

Glycemic Index:2.58, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.4213043810881%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 40.11kcal (2.01%), Fat: 2.76g (4.25%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 0.49g (0.16%), Net Carbohydrates: 0.44g (0.16%), Sugar: 0.32g (0.36%), Cholesterol: 82.76mg (27.59%), Sodium: 76.1mg (3.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Selenium: 7.71µg (11.02%), Vitamin B2: 0.1mg (6.15%), Phosphorus: 48.29mg (4.83%), Vitamin D: 0.68µg (4.55%), Vitamin B12: 0.24µg (4.07%), Vitamin B5: 0.36mg (3.57%), Folate: 10.55µg (2.64%), Vitamin A: 128.54IU (2.57%), Iron: 0.43mg (2.36%), Vitamin B6: 0.04mg (2.19%), Zinc: 0.3mg (2.01%), Vitamin E: 0.3mg (1.98%), Calcium: 14.58mg (1.46%), Potassium: 37.54mg (1.07%), Vitamin K: 1.1µg (1.05%), Copper: 0.02mg (1.05%)