



Smoked Salmon Deviled Eggs and Tomatoes

 Gluten Free

READY IN



120 min.

SERVINGS



20

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 cherry tomatoes halved seeded
- ☐ 4 ounces cream cheese softened
- ☐ 12 eggs
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 teaspoon lemon zest grated to taste
- ☐ 2 tablespoons mayonnaise
- ☐ 2 tablespoons relish drained
- ☐ 6 ounce salmon boneless skinless flaked drained canned

- ☐ 20 servings salt and pepper to taste
- ☐ 20 servings paprika smoked for garnish
- ☐ 1.5 tablespoons cup heavy whipping cream sour
- ☐ 2 tablespoons spicy brown mustard

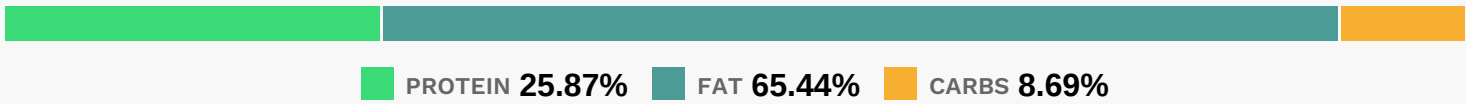
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 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.
- ☐ Drain. Cool the eggs under cold running water. Peel once cold. Halve the eggs lengthwise and scoop the yolks into a bowl. Mash the yolks with a fork.
- ☐ Place the tomatoes, cut sides down, onto a paper towel to drain.
- ☐ Mash the cream cheese with a spoon in a bowl until smooth and workable; stir in the egg yolks, salmon, mayonnaise, brown mustard, sour cream, lemon juice, pickle relish, lemon peel, and 1 teaspoon of smoked paprika until well combined. Season with salt and pepper.
- ☐ Spoon the salmon mixture into the egg halves and cherry tomato halves.
- ☐ Sprinkle with additional smoked paprika for garnish and arrange on a platter. Chill at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:6.2, Glycemic Load:0.12, Inflammation Score:-5, Nutrition Score:5.405652191328%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 87.78kcal (4.39%), Fat: 6.42g (9.88%), Saturated Fat: 2.34g (14.61%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.42g (0.52%), Sugar: 0.71g (0.78%), Cholesterol: 109.73mg (36.58%), Sodium: 296.48mg (12.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.42%), Selenium: 12.38µg (17.68%), Vitamin A: 766.36IU (15.33%), Vitamin B2: 0.18mg (10.8%), Vitamin B12: 0.52µg (8.69%), Phosphorus: 84.13mg (8.41%), Vitamin B6: 0.15mg (7.39%), Vitamin B5: 0.63mg (6.26%), Vitamin E: 0.72mg (4.8%), Iron: 0.85mg (4.74%), Vitamin B3: 0.86mg (4.28%), Folate: 17.04µg (4.26%), Potassium: 132.6mg (3.79%), Vitamin D: 0.53µg (3.54%), Vitamin K: 3.56µg (3.39%), Zinc: 0.5mg (3.32%), Copper: 0.06mg (2.89%), Vitamin C: 2.3mg (2.79%), Vitamin B1: 0.04mg (2.76%), Calcium: 26.77mg (2.68%), Magnesium: 9.85mg (2.46%), Manganese: 0.04mg (2.07%), Fiber: 0.5g (2%)