



Smoky Deviled Eggs



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



24

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 hardboiled eggs
- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons spring onion chopped
- ☐ 1 teaspoon dijon mustard
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon paprika smoked

- ☐ 0.3 cup bacon crumbled cooked
- ☐ 48 olives ripe sliced chopped (from)

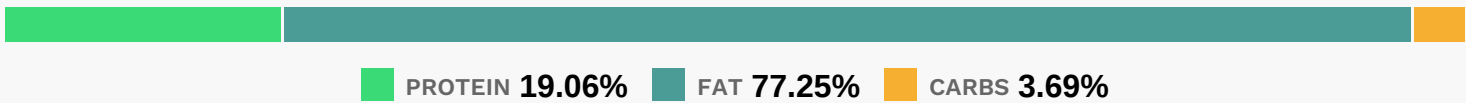
Equipment

- ☐ bowl

Directions

- ☐ Peel eggs; cut lengthwise in half. Slip out yolks into medium bowl; set egg whites aside. Mash yolks with fork until smooth; stir in mayonnaise, 1 tablespoon of the onion, the mustard, lemon juice, salt, pepper and paprika.
- ☐ Fill egg white halves with egg yolk mixture, heaping lightly.
- ☐ Sprinkle with bacon, olives and remaining 1 tablespoon onion.
- ☐ Serve immediately, or cover and refrigerate up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:6.71, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.040000009148%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 77.46kcal (3.87%), Fat: 6.63g (10.2%), Saturated Fat: 1.49g (9.29%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0.36g (0.4%), Cholesterol: 95.72mg (31.91%), Sodium: 221.95mg (9.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Selenium: 8.52µg (12.17%), Vitamin B2: 0.13mg (7.82%), Vitamin K: 6.35µg (6.04%), Phosphorus: 49.07mg (4.91%), Vitamin B12: 0.29µg (4.9%), Vitamin E: 0.68mg (4.53%), Vitamin D: 0.56µg (3.74%), Vitamin B5: 0.37mg (3.72%), Vitamin A: 179.42IU (3.59%), Folate: 11.79µg (2.95%), Zinc: 0.31mg (2.07%), Iron: 0.37mg (2.07%), Vitamin B6: 0.04mg (2.02%), Calcium: 17.7mg (1.77%), Vitamin B1: 0.03mg (1.73%), Potassium: 44.02mg (1.26%), Fiber: 0.3g (1.2%), Magnesium: 4.06mg (1.02%)