



## Smoky Deviled Eggs

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup mayonnaise
- 2 teaspoons dijon mustard
- 12 eggs
- 12 servings salt and pepper to taste
- 1 tablespoon shallots minced
- 2 teaspoons paprika smoked for garnish

### Equipment

- pastry bag

## Directions

- Boil eggs until fully cooked.
- Drain in cool water; set aside until fully cooled.
- Cut eggs in half and remove the yolks. Mash yolks with a fork, then add the rest of the ingredients. The mixture should be slightly moist. Spoon about 1-2 tablespoons of the filling into the egg whites or use a pastry bag to pipe the filling into the whites.
- Sprinkle with paprika, if desired. Cover and chill for at least one hour.

## Nutrition Facts

**PROTEIN 12.24%** **FAT 86.11%** **CARBS 1.65%**

## Properties

Glycemic Index:10.58, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:6.0569565217391%

## Taste

Sweetness: 30.12%, Saltiness: 68.5%, Sourness: 8.1%, Bitterness: 4.17%, Savoriness: 38.9%, Fattiness: 100%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 191.9kcal (9.6%), Fat: 18.22g (28.03%), Saturated Fat: 3.57g (22.32%), Carbohydrates: 0.79g (0.26%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.38g (0.42%), Cholesterol: 171.52mg (57.17%), Sodium: 384.3mg (16.71%), Protein: 5.83g (11.65%), Vitamin K: 30.85µg (29.38%), Selenium: 14.25µg (20.36%), Vitamin B2: 0.21mg (12.32%), Phosphorus: 93.49mg (9.35%), Vitamin A: 414.54IU (8.29%), Vitamin E: 1.17mg (7.83%), Vitamin B5: 0.72mg (7.2%), Vitamin B12: 0.41µg (6.9%), Vitamin D: 0.92µg (6.12%), Folate: 22.12µg (5.53%), Iron: 0.9mg (5.03%), Vitamin B6: 0.09mg (4.34%), Zinc: 0.62mg (4.13%), Calcium: 27.85mg (2.78%), Potassium: 76.13mg (2.18%), Copper: 0.04mg (1.96%), Magnesium: 6.64mg (1.66%), Vitamin B1: 0.02mg (1.51%), Manganese: 0.03mg (1.27%)