



Smoky Pimiento Cheese Deviled Eggs

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



802 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 12 large eggs
- ☐ 2 servings spring onion diced sliced
- ☐ 1 pinch ground pepper red
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup roasted peppers red jarred finely chopped
- ☐ 0.8 cup sharp cheddar cheese smoked freshly grated

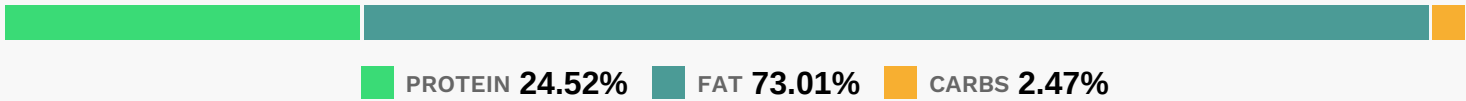
Equipment

☐ sauce pan

Directions

- ☐ Place eggs in a large stainless steel saucepan (not nonstick).
- ☐ Add water to depth of 3 inches. Bring to a rolling boil; cook 1 minute. Cover, remove from heat, and let stand 10 minutes.
- ☐ Drain.
- ☐ Place eggs under cold running water until cool enough to handle. Peel under cold running water.
- ☐ Cut eggs in half lengthwise; remove yolks. Reserve 6 yolks for another use.
- ☐ Mash remaining 6 yolks with mayonnaise using a fork. Stir in cheese and next 3 ingredients. Season with salt and pepper to taste. Spoon into egg whites.
- ☐ Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:86.5, Glycemic Load:0.48, Inflammation Score:-7, Nutrition Score:35.270000157149%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 802.09kcal (40.1%), Fat: 64.21g (98.78%), Saturated Fat: 20.83g (130.2%), Carbohydrates: 4.9g (1.63%), Net Carbohydrates: 4.2g (1.53%), Sugar: 1.66g (1.85%), Cholesterol: 1170.14mg (390.05%), Sodium: 1203.98mg (52.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.52g (97.03%), Selenium: 107.38µg (153.4%), Vitamin B2: 1.58mg (92.86%), Phosphorus: 807.92mg (80.79%), Vitamin K: 60.13µg (57.27%), Vitamin B12: 3.15µg (52.55%), Calcium: 486.13mg (48.61%), Vitamin B5: 4.86mg (48.56%), Vitamin A: 2239.75IU (44.79%), Vitamin D: 6.31µg (42.07%), Folate: 158.52µg (39.63%), Zinc: 5.57mg (37.14%), Iron: 5.73mg (31.83%), Vitamin E: 4.46mg (29.74%), Vitamin B6: 0.58mg (29.13%), Potassium: 506.6mg (14.47%), Magnesium: 54.52mg (13.63%), Copper: 0.27mg (13.44%), Vitamin C: 9.33mg (11.31%), Vitamin B1: 0.16mg (10.47%), Manganese: 0.16mg (8%), Fiber: 0.7g (2.81%), Vitamin B3: 0.42mg (2.11%)