



Southern Deviled Eggs

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



16

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 slices olives black
- 1 pinch ground pepper black
- 8 hard-cooked eggs peeled sliced in half lengthwise
- 2 tablespoons mayonnaise
- 0.3 teaspoon paprika for garnish
- 1 teaspoon spicy brown mustard
- 0.3 teaspoon condensed milk sweetened to taste
- 0.1 teaspoon distilled vinegar white

- 0.1 teaspoon sugar white
- 1 teaspoon mustard yellow prepared

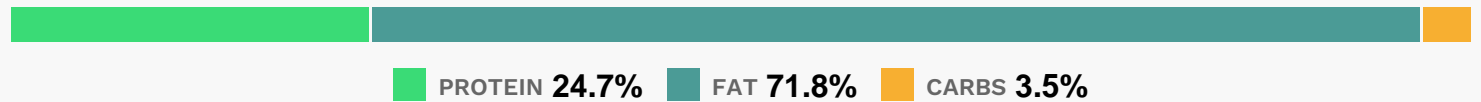
Equipment

- bowl

Directions

- Scoop yolks from egg halves into a bowl. Mash the yolks with mayonnaise, yellow mustard, spicy brown mustard, black pepper, white vinegar, sugar, and sweetened condensed milk until the mixture is smooth. Spoon yolk filling into egg halves and sprinkle each deviled egg with paprika; top deviled eggs with 2 slices of black olive.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.4891304533281%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 52.96kcal (2.65%), Fat: 4.15g (6.38%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 0.46g (0.15%), Net Carbohydrates: 0.38g (0.14%), Sugar: 0.38g (0.42%), Cholesterol: 94.01mg (31.34%), Sodium: 64.71mg (2.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.42%), Selenium: 7.98µg (11.39%), Vitamin B2: 0.13mg (7.63%), Vitamin B12: 0.28µg (4.67%), Phosphorus: 44.39mg (4.44%), Vitamin D: 0.55µg (3.69%), Vitamin B5: 0.36mg (3.56%), Vitamin A: 151.14IU (3.02%), Vitamin K: 2.99µg (2.84%), Folate: 11.19µg (2.8%), Vitamin E: 0.36mg (2.43%), Zinc: 0.27mg (1.81%), Iron: 0.32mg (1.8%), Vitamin B6: 0.03mg (1.59%), Calcium: 13.87mg (1.39%), Vitamin B1: 0.02mg (1.22%)