



Southern Style Deviled Eggs

 Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



12

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 eggs
- 4.5 ounce ham canned
- 1 pinch paprika
- 12 servings salt and pepper to taste
- 1 tablespoon pickle relish sweet

Equipment

- bowl
- sauce pan

Directions

- Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes.
- Remove from hot water, and run under cold water to cool. Peel eggs, and cut into halves lengthwise.
- Carefully remove the yolks from the eggs, and place them into a medium bowl, scooping out a little bit of the white along with the yolk to make a more generous cup for filling. Mash the egg yolks with deviled ham, relish and enough mayonnaise to make a smooth mixture. Season with salt and pepper to taste.
- Spoon the mixture into the egg whites, or pipe with a piping bag for a more elegant look.
- Garnish filling with a sprinkle of paprika, and top some of them with a slice of green olive stuffed with pimento. Chill until serving.

Nutrition Facts

 **PROTEIN 35.2%**  **FAT 60.63%**  **CARBS 4.17%**

Properties

Glycemic Index:1.25, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.0743478534986%

Nutrients (% of daily need)

Calories: 58.94kcal (2.95%), Fat: 3.88g (5.97%), Saturated Fat: 1.33g (8.28%), Carbohydrates: 0.6g (0.2%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.45g (0.5%), Cholesterol: 88.43mg (29.48%), Sodium: 361.36mg (15.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Selenium: 9.17µg (13.1%), Vitamin B2: 0.12mg (7.33%), Phosphorus: 66.51mg (6.65%), Vitamin B1: 0.07mg (4.85%), Vitamin B12: 0.26µg (4.4%), Vitamin B6: 0.08mg (3.91%), Vitamin B5: 0.39mg (3.86%), Zinc: 0.53mg (3.55%), Vitamin D: 0.51µg (3.43%), Vitamin A: 138.13IU (2.76%), Iron: 0.49mg (2.73%), Folate: 10.68µg (2.67%), Vitamin B3: 0.49mg (2.47%), Vitamin E: 0.28mg (1.86%), Potassium: 61.31mg (1.75%), Calcium: 13.24mg (1.32%), Copper: 0.03mg (1.3%), Magnesium: 4.74mg (1.19%), Vitamin K: 1.12µg (1.07%)