



Special Deviled Eggs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons the dressing
- 12 eggs peeled
- 0.1 teaspoon garlic salt with parsley
- 24 servings garnish: paprika fresh snipped

Equipment

- bowl

Directions

- Slice eggs in half lengthwise; scoop yolks into a bowl. Arrange whites on a serving platter; set aside.
- Mash yolks well with a fork. Stir in dressing to desired consistency and add garlic salt to taste.
- Spoon or pipe yolk mixture into whites.
- Garnish as desired; chill.

Nutrition Facts

PROTEIN 28.95% **FAT 64.39%** **CARBS 6.66%**

Properties

Glycemic Index:1.88, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.3400000191253%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 39.84kcal (1.99%), Fat: 2.79g (4.29%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 0.65g (0.22%), Net Carbohydrates: 0.62g (0.23%), Sugar: 0.52g (0.58%), Cholesterol: 82.66mg (27.55%), Sodium: 60.38mg (2.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Selenium: 6.86µg (9.8%), Vitamin B2: 0.1mg (6.05%), Phosphorus: 44.98mg (4.5%), Vitamin B5: 0.34mg (3.43%), Vitamin K: 3.52µg (3.35%), Vitamin B12: 0.2µg (3.29%), Vitamin A: 163.59IU (3.27%), Vitamin D: 0.44µg (2.93%), Folate: 11.47µg (2.87%), Iron: 0.41mg (2.27%), Vitamin E: 0.29mg (1.96%), Zinc: 0.29mg (1.95%), Vitamin B6: 0.04mg (1.95%), Calcium: 13.43mg (1.34%)