



## Special Deviled Eggs

 Vegetarian  Gluten Free  Dairy Free  Popular

READY IN



22 min.

SERVINGS



6

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 6 eggs
- ☐ 1 tablespoon horseradish prepared
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon mustard prepared
- ☐ 2 tablespoons onion finely chopped
- ☐ 6 servings paprika for garnish
- ☐ 6 servings salt and pepper to taste
- ☐ 3 tablespoons relish sweet

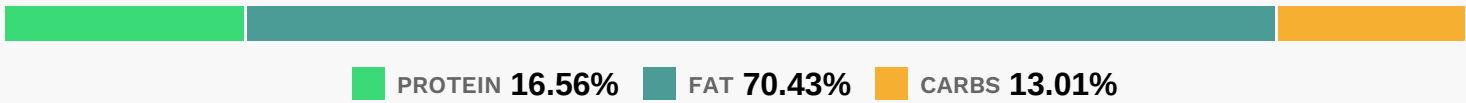
# Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pastry bag

# Directions

- ☐ Place eggs in a medium 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, cool, peel and cut lengthwise.
- ☐ Remove yolks from eggs. In a medium bowl, mash the yolks and mix together with mayonnaise, onion, sweet pickle relish, horseradish and mustard.
- ☐ With a fork or pastry bag, fill the egg halves with the yolk mixture.
- ☐ Garnish with paprika, salt and pepper. Chill until serving.

# Nutrition Facts



# Properties

Glycemic Index:26.5, Glycemic Load:0.23, Inflammation Score:-7, Nutrition Score:7.5082608824191%

# Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

# Nutrients (% of daily need)

Calories: 145.84kcal (7.29%), Fat: 11.56g (17.79%), Saturated Fat: 2.53g (15.79%), Carbohydrates: 4.81g (1.6%), Net Carbohydrates: 3.78g (1.38%), Sugar: 2.98g (3.31%), Cholesterol: 167.6mg (55.87%), Sodium: 415.86mg (18.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.23%), Vitamin A: 1321.99IU (26.44%), Vitamin K: 23.32µg (22.21%), Selenium: 14.79µg (21.12%), Vitamin B2: 0.23mg (13.71%), Phosphorus: 100.85mg (10.09%), Vitamin E: 1.4mg (9.36%), Vitamin B5: 0.76mg (7.55%), Iron: 1.34mg (7.43%), Vitamin B12: 0.4µg (6.71%), Vitamin B6: 0.13mg (6.35%), Folate: 24.43µg (6.11%), Vitamin D: 0.9µg (5.99%), Zinc: 0.72mg (4.81%), Fiber: 1.03g (4.11%), Potassium: 124.87mg (3.57%), Calcium: 34.05mg (3.41%), Manganese: 0.06mg (3.21%), Copper: 0.06mg (2.94%),

Magnesium: 11.52mg (2.88%), Vitamin B1: 0.03mg (2.11%), Vitamin B3: 0.28mg (1.4%), Vitamin C: 0.97mg (1.18%)