



Spicy Bacon Deviled Eggs

 Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 slices bacon
- ☐ 12 eggs
- ☐ 0.5 cup mayonnaise
- ☐ 2 tablespoons cheddar cheese shredded finely
- ☐ 1 tablespoon spicy mustard
- ☐ 1 tablespoon wasabi paste

Equipment

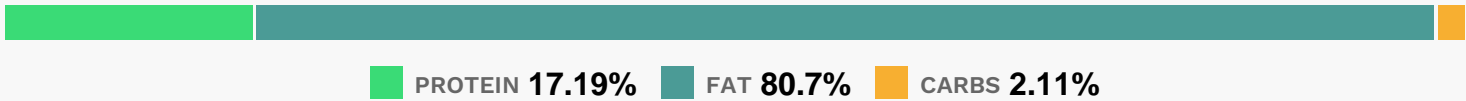
- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Place eggs in a saucepan and cover with water. Bring to a boil, remove from heat, and let eggs stand in hot water for 15 minutes.
- ☐ Remove eggs from hot water, cool under cold running water, and peel. Slice eggs in half lengthwise.
- ☐ Remove yolks to a small bowl and mash; reserve hollow egg whites.
- ☐ Fry bacon in a large skillet over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain the bacon slices on paper towels and crumble.
- ☐ Reserve a small amount of bacon and Cheddar cheese in separate bowls; stir remainder into mashed egg yolks with mayonnaise. Stir in mustard and wasabi. Fill egg whites with a heaping spoonful of the yolk mixture.
- ☐ Sprinkle with reserved bacon and Cheddar cheese before serving.

Nutrition Facts



Properties

Glycemic Index:9.08, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:5.680434724559%

Nutrients (% of daily need)

Calories: 164.87kcal (8.24%), Fat: 14.61g (22.47%), Saturated Fat: 3.72g (23.25%), Carbohydrates: 0.86g (0.29%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.24g (0.26%), Cholesterol: 173.86mg (57.95%), Sodium: 193.52mg (8.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7g (14%), Selenium: 16.02µg (22.89%), Vitamin K: 15.4µg (14.66%), Vitamin B2: 0.22mg (12.78%), Phosphorus: 108.48mg (10.85%), Vitamin B12: 0.45µg (7.57%), Vitamin B5: 0.74mg (7.43%), Vitamin D: 0.94µg (6.24%), Folate: 21.76µg (5.44%), Vitamin E: 0.81mg (5.43%), Vitamin A: 261.9IU (5.24%), Vitamin B6: 0.1mg (5.02%), Zinc: 0.75mg (4.99%), Iron: 0.85mg (4.75%), Calcium: 38.16mg (3.82%), Vitamin B1: 0.04mg (2.88%), Potassium: 87.17mg (2.49%), Magnesium: 8.1mg (2.02%), Copper: 0.04mg (1.99%), Vitamin B3: 0.34mg (1.72%), Manganese: 0.02mg (1.2%)