



Spicy Italian Deviled Eggs

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



35 min.

SERVINGS



12

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 eggs
- 0.5 teaspoon ground pepper black to taste
- 1 tablespoon salad dressing italian
- 0.3 cup mayonnaise
- 1 pinch paprika for garnish
- 0.5 teaspoon salt to taste
- 1 tablespoon spicy brown mustard

Equipment

- bowl
- sauce pan
- pastry bag

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, cool and peel.
- Slice eggs in half, and remove the yolks.
- Place the yolks into a medium bowl, and mix with the mustard, Italian dressing, mayonnaise, and pepper. Arrange the egg white halves on a plate, and sprinkle with salt. Spoon the yolk mixture into the egg halves, or use a pastry bag and pipe the filling in for a more professional look.
- Sprinkle with paprika, and refrigerate until serving.

Nutrition Facts

 **PROTEIN 17.43%**  **FAT 79.85%**  **CARBS 2.72%**

Properties

Glycemic Index:10.75, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.6121739023568%

Nutrients (% of daily need)

Calories: 66.99kcal (3.35%), Fat: 5.88g (9.04%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 0.45g (0.15%), Net Carbohydrates: 0.37g (0.14%), Sugar: 0.25g (0.28%), Cholesterol: 83.8mg (27.93%), Sodium: 183.13mg (7.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.77%), Selenium: 7.31µg (10.45%), Vitamin K: 8.49µg (8.08%), Vitamin B2: 0.1mg (6.03%), Phosphorus: 46.22mg (4.62%), Vitamin B5: 0.35mg (3.5%), Vitamin B12: 0.2µg (3.36%), Vitamin D: 0.45µg (3%), Vitamin E: 0.42mg (2.78%), Folate: 10.68µg (2.67%), Vitamin A: 127.7IU (2.55%), Iron: 0.43mg (2.38%), Zinc: 0.3mg (2.01%), Vitamin B6: 0.04mg (1.99%), Calcium: 14.08mg (1.41%), Manganese: 0.02mg (1.15%), Potassium: 35.47mg (1.01%)