



Square Deviled Eggs

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 servings hardboiled eggs hard boiled
- 6 servings cream cheese
- 6 servings ham

Equipment

- sauce pan

Directions

- To make square hard boiled eggs, you'll need an Egg cuber or Square Egg Press. (See note in About section on where to purchase)
- First boil your eggs, then slide the egg inside the press and screw the top down so it pushes the egg into the corners.
- Let the egg cool and remove it from the mold. For better results use medium size eggs.
- If you intend to prepare this for a party, I suggest you buy several cubers, this way you can boil and chill several eggs at a time, or it will take you a lot of time.
- To prepare hard boiled eggs, place eggs in a saucepan, cover with cold water and bring to a boil over medium heat. As soon as the water comes to a full boil, let the eggs boil for 5 minutes, and then remove from heat and let stand covered in hot water 10 minutes .
- Filling is made with cream cheese, ham and egg yolk, it tastes very soft, it is ideal for kids.

Nutrition Facts

PROTEIN 35.84%

FAT 64.03%

CARBS 0.13%

Properties

Glycemic Index:4.5, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:7.8982608695652%

Taste

Sweetness: 8.35%, Saltiness: 100%, Sourness: 20.5%, Bitterness: 17.05%, Savoriness: 55.45%, Fattiness: 41.21%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 211.6kcal (10.58%), Fat: 14.7g (22.62%), Saturated Fat: 5.32g (33.24%), Carbohydrates: 0.07g (0.02%), Net Carbohydrates: 0.07g (0.02%), Sugar: 0.05g (0.05%), Cholesterol: 57.44mg (19.15%), Sodium: 1013.33mg (44.06%), Protein: 18.52g (37.04%), Vitamin B1: 0.51mg (34.12%), Selenium: 19.69µg (28.13%), Vitamin B3: 3.79mg (18.97%), Phosphorus: 184.69mg (18.47%), Vitamin B6: 0.32mg (16.24%), Zinc: 1.99mg (13.25%), Vitamin B2: 0.2mg (11.49%), Vitamin B12: 0.56µg (9.29%), Potassium: 245.68mg (7.02%), Iron: 0.75mg (4.18%), Vitamin D: 0.62µg (4.11%), Magnesium: 16.34mg (4.09%), Vitamin B5: 0.41mg (4.08%), Copper: 0.07mg (3.54%), Vitamin E: 0.32mg (2.17%)