



Straight Up Deviled Eggs

 Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons bacon bits crumbled for garnish, optional
- ☐ 2 tablespoons chives chopped
- ☐ 12 eggs
- ☐ 1 teaspoon juice of lemon
- ☐ 1 teaspoon paprika
- ☐ 1 tablespoon spicy brown mustard
- ☐ 2 teaspoons relish sweet
- ☐ 0.3 cup yogurt as a healthy alternative

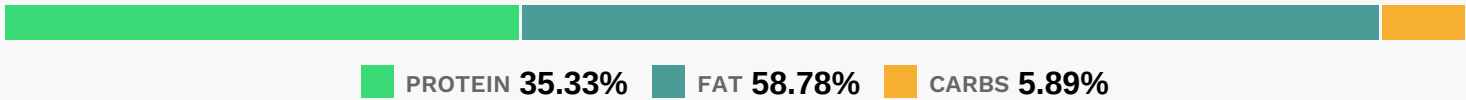
Equipment

- ☐ bowl
- ☐ pot
- ☐ potato masher

Directions

- ☐ Put the eggs in a large pot and cover with cold water. Bring to a boil over medium heat, then turn off the heat, cover and let sit for 15 minutes.
- ☐ Drain the water from the pot and fill with cold water to cool the eggs. Change the water twice so that the eggs will cool down quickly.
- ☐ Peel the eggs and slice a small piece off the bottoms so that they will stand upright. Slice the top third off of each and save the tops. Carefully remove the eggs yolks with a small spoon and put them in a medium-size bowl. Break up the egg yolks with a potato masher.
- ☐ Add all the remaining ingredients except the bacon and chives.
- ☐ Mix until well blended and smooth.
- ☐ Transfer the mixture to a releasable bag, cut off the corner of the bag and pipe the filling into each egg.
- ☐ Sprinkle each with chopped chives and bacon bits, if desired. Cover with the egg tops and arrange them on a serving platter.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:4.6008695998917%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 72.76kcal (3.64%), Fat: 4.67g (7.19%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 1.05g (0.35%), Net Carbohydrates: 0.92g (0.33%), Sugar: 0.7g (0.78%), Cholesterol: 166.01mg (55.34%), Sodium: 120.47mg (5.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.64%), Selenium: 14.06µg (20.09%), Vitamin B2: 0.21mg (12.48%), Phosphorus: 94.28mg (9.43%), Vitamin A: 357.57IU (7.15%), Vitamin B5: 0.7mg (7.05%), Vitamin B12: 0.41µg (6.84%), Vitamin D: 0.89µg (5.9%), Folate: 21.82µg (5.46%), Iron: 0.84mg (4.68%), Zinc: 0.62mg (4.11%), Vitamin B6: 0.08mg (4.09%), Vitamin E: 0.52mg (3.5%), Calcium: 32.5mg (3.25%), Potassium: 76.42mg (2.18%), Vitamin K: 2.06µg (1.96%), Copper: 0.04mg (1.79%), Magnesium: 7.07mg (1.77%), Vitamin B1: 0.02mg (1.5%), Manganese: 0.02mg (1.12%)