



Stuffed Eggs with Smoked Salmon and Herb Cheese

 Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



71 kcal

SIDE DISH

Ingredients

- 0.3 cup alouette garlic & herbs spreadable cheese
- 6 eggs
- 4 oz salmon sliced
- 0.3 cup salad dressing

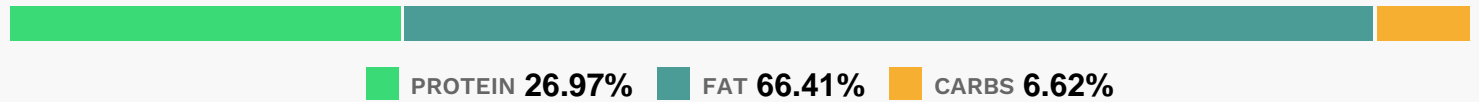
Equipment

- bowl
- sauce pan

Directions

- In 2-quart saucepan, place eggs in single layer. Cover with cold water at least 1 inch above eggs. Cover and heat to boiling; remove from heat. Cover and let stand 20 minutes; drain. Immediately run cold water over eggs or place them in ice water until completely cooled.
- Peel eggs; cut in half lengthwise. Slip out yolks and place in small bowl. Mash yolks with fork. Stir in mayonnaise and cheese.
- Reserve 2 slices of salmon for garnish. Coarsely chop remaining salmon; fold into yolk mixture. Fill egg whites with yolk mixture, heaping it lightly. Arrange on serving dish.
- Cut reserved salmon crosswise into 1/2-inch-wide strips, trimming to about 1 inch long. Loosely roll up pieces of salmon into rosebud shape.
- Place 1 rosebud on each egg.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.5473912768066%

Nutrients (% of daily need)

Calories: 70.64kcal (3.53%), Fat: 5.17g (7.96%), Saturated Fat: 1.84g (11.51%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.61g (0.68%), Cholesterol: 89.13mg (29.71%), Sodium: 179.53mg (7.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.45%), Selenium: 9.91µg (14.16%), Vitamin D: 2.06µg (13.71%), Vitamin B12: 0.5µg (8.4%), Vitamin B2: 0.11mg (6.48%), Phosphorus: 59.79mg (5.98%), Vitamin B5: 0.42mg (4.19%), Vitamin B6: 0.07mg (3.34%), Vitamin E: 0.47mg (3.11%), Vitamin K: 2.82µg (2.68%), Iron: 0.48mg (2.66%), Folate: 10.53µg (2.63%), Vitamin A: 128.78IU (2.58%), Vitamin B3: 0.47mg (2.34%), Zinc: 0.32mg (2.11%), Copper: 0.04mg (1.93%), Potassium: 51.01mg (1.46%), Calcium: 14mg (1.4%), Magnesium: 4.59mg (1.15%)