



## Sunny's Deviled Eggs

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 teaspoon dijon mustard
- 6 eggs
- 0.3 cup french-fried onions chopped (recommended: French's)
- 6 servings kosher salt and pepper black freshly ground
- 1 lemon zest
- 0.3 cup mayonnaise
- 2 teaspoons jalapeño peppers chopped
- 6 servings paprika smoked for garnish

# Equipment

bowl

pot

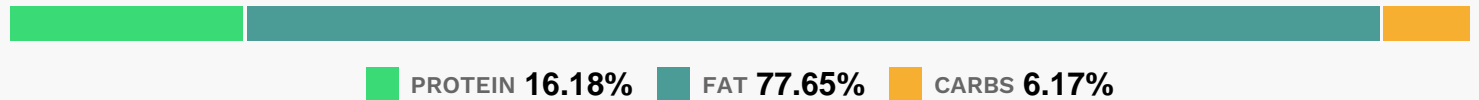
# Directions

Watch how to make this recipe.

Put the eggs in a pot and cover with water by 1-inch and bring to a boil over medium heat. Turn off the heat, cover and let sit in the hot water for 15 minutes. Immediately, drain and rinse under cold water. Peel the eggs, slice in half lengthwise and remove yolks to a bowl.

Add the mayonnaise, mustard, lemon zest and pickled jalapenos to the yolks, using a fork to mash together and incorporate. Season with salt and pepper, to taste. Scoop the filling into the egg white pockets of each egg and sprinkle with onions and smoked paprika. Arrange on a serving platter and serve.

# Nutrition Facts



# Properties

Glycemic Index:21.5, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:6.0934781769048%

# Nutrients (% of daily need)

Calories: 145.47kcal (7.27%), Fat: 12.48g (19.2%), Saturated Fat: 2.98g (18.63%), Carbohydrates: 2.23g (0.74%), Net Carbohydrates: 1.67g (0.61%), Sugar: 0.41g (0.45%), Cholesterol: 167.6mg (55.87%), Sodium: 178.96mg (7.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.7%), Selenium: 14.09µg (20.13%), Vitamin K: 16.54µg (15.75%), Vitamin A: 766.18IU (15.32%), Vitamin B2: 0.22mg (12.78%), Phosphorus: 93.7mg (9.37%), Vitamin B5: 0.73mg (7.3%), Vitamin E: 1.08mg (7.18%), Vitamin B12: 0.4µg (6.71%), Vitamin D: 0.9µg (5.99%), Iron: 1.06mg (5.91%), Folate: 22.08µg (5.52%), Vitamin B6: 0.1mg (5.14%), Zinc: 0.64mg (4.26%), Calcium: 30.37mg (3.04%), Potassium: 92.78mg (2.65%), Manganese: 0.05mg (2.35%), Copper: 0.05mg (2.29%), Fiber: 0.56g (2.24%), Magnesium: 8.12mg (2.03%), Vitamin C: 1.47mg (1.78%), Vitamin B1: 0.02mg (1.66%)