

Sweet Deviled Eggs



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 large eggs
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 teaspoon dijon honey mustard
- ☐ 6 servings ice cubes
- ☐ 3 tablespoons mayonnaise
- ☐ 1 pinch paprika for garnish
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vinegar

☐ 1 tablespoon sugar white

Equipment

☐ bowl

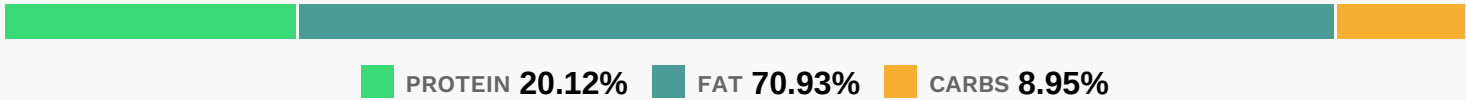
☐ sauce pan

☐ blender

Directions

- ☐ Place eggs in a saucepan and cover with water. Bring to a boil, remove from heat, and let eggs stand in hot water for 15 minutes.
- ☐ Remove eggs from hot water and place in a bowl of ice water. Peel.
- ☐ Slice eggs in half lengthwise.
- ☐ Remove yolks and transfer to a bowl; mash with a fork or pastry blender until yolks resemble powder. Stir mayonnaise, sugar, honey mustard, vinegar, salt, and pepper into yolks until smooth. Spoon yolk mixture into the egg whites and lightly sprinkle with paprika. Chill before serving.

Nutrition Facts



Properties

Glycemic Index:36.18, Glycemic Load:1.44, Inflammation Score:-1, Nutrition Score:5.3408695776825%

Nutrients (% of daily need)

Calories: 129.08kcal (6.45%), Fat: 10.01g (15.39%), Saturated Fat: 2.39g (14.92%), Carbohydrates: 2.84g (0.95%), Net Carbohydrates: 2.79g (1.02%), Sugar: 2.39g (2.66%), Cholesterol: 188.94mg (62.98%), Sodium: 316.29mg (13.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.77%), Selenium: 15.54µg (22.2%), Vitamin B2: 0.23mg (13.57%), Vitamin K: 11.85µg (11.28%), Phosphorus: 100.82mg (10.08%), Vitamin B5: 0.78mg (7.81%), Vitamin B12: 0.45µg (7.56%), Vitamin D: 1.01µg (6.76%), Folate: 23.89µg (5.97%), Vitamin A: 283.67IU (5.67%), Iron: 0.91mg (5.07%), Vitamin E: 0.76mg (5.07%), Zinc: 0.66mg (4.43%), Vitamin B6: 0.09mg (4.32%), Calcium: 31.21mg (3.12%), Copper: 0.05mg (2.45%), Potassium: 73.09mg (2.09%), Manganese: 0.04mg (1.85%), Magnesium: 6.96mg (1.74%), Vitamin B1: 0.02mg (1.4%)