



Tarragon Deviled Eggs

 Vegetarian  Gluten Free  Dairy Free

READY IN



31 min.

SERVINGS



6

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon dijon mustard
- 6 large eggs
- 6 servings kosher salt and freshly cracked pepper black
- 1 tablespoon shallots minced
- 1 tablespoon pickled cucumbers / gherkins sweet finely chopped
- 2 teaspoons tarragon finely chopped for garnish

Equipment

- bowl

- pot
- ziploc bags

Directions

- Watch how to make this recipe.
- Put the eggs in a small saucepot.
- Add cold water to cover by about 1-inch. Bring the water to a boil over medium-low heat, then turn off the heat, cover and let sit for about 12 minutes.
- Cool the eggs down in cold water, then peel and split lengthwise.
- Remove the yolks to a bowl and reserve the whites. Using a fork, mash the yolks with salt, pepper, to taste, and Dijon until smooth.
- Add the shallot, gherkins, brine and tarragon and stir to combine. If too thick, add a teaspoon more of gherkin brine liquid. Spoon into a resealable plastic bag and cut off a corner. Pipe the yolk mixture into the egg white halves. Top each half with a tarragon leaf. Arrange on a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:0.28, Inflammation Score:-2, Nutrition Score:5.3865217333255%

Nutrients (% of daily need)

Calories: 78.43kcal (3.92%), Fat: 4.9g (7.54%), Saturated Fat: 1.59g (9.91%), Carbohydrates: 1.63g (0.54%), Net Carbohydrates: 1.39g (0.51%), Sugar: 0.8g (0.89%), Cholesterol: 186mg (62%), Sodium: 304.17mg (13.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.23%), Selenium: 16.25µg (23.21%), Vitamin B2: 0.24mg (14.13%), Phosphorus: 105.23mg (10.52%), Vitamin B5: 0.78mg (7.8%), Vitamin B12: 0.44µg (7.42%), Vitamin D: 1µg (6.67%), Folate: 26.09µg (6.52%), Iron: 1.16mg (6.43%), Vitamin A: 318.67IU (6.37%), Vitamin B6: 0.11mg (5.46%), Zinc: 0.7mg (4.65%), Manganese: 0.08mg (4.23%), Calcium: 39.41mg (3.94%), Vitamin E: 0.54mg (3.62%), Potassium: 100.95mg (2.88%), Magnesium: 10.04mg (2.51%), Copper: 0.04mg (2.23%), Vitamin B1: 0.03mg (1.87%), Vitamin K: 1.36µg (1.3%)