



The Best Deviled Eggs



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 Tbsp knudsen cream light sour
- ☐ 1 Tbsp grey poupon dijon mustard
- ☐ 0.1 tsp ground pepper red (cayenne)
- ☐ 1 doz. hard-cooked eggs
- ☐ 1 Tbsp claussen pickle relish sweet
- ☐ 3 Tbsp mayo reduced fat mayonnaise light kraft

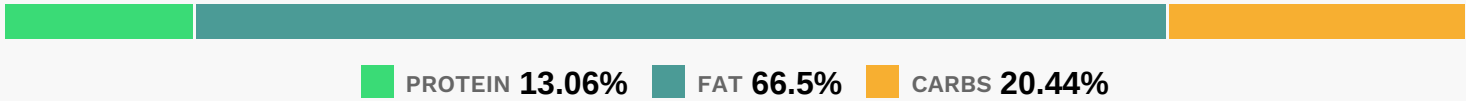
Equipment

- ☐ bowl

Directions

- ☐ Mash egg yolks in medium bowl with fork.
- ☐ Add sour cream, mayo, relish and mustard; mix well.
- ☐ Spoon into centers of whites; sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:4.27, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.609999999827017%

Nutrients (% of daily need)

Calories: 17.05kcal (0.85%), Fat: 1.27g (1.96%), Saturated Fat: 0.37g (2.3%), Carbohydrates: 0.88g (0.29%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.45g (0.5%), Cholesterol: 13.72mg (4.57%), Sodium: 48.4mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.12%), Vitamin K: 2.39µg (2.28%), Selenium: 1.52µg (2.16%), Vitamin B2: 0.02mg (1.24%)