



## The Pig Skin" Deviled Eggs



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



1

CALORIES



1310 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon spring onion finely chopped
- ☐ 12 hardboiled eggs peeled
- ☐ 0.5 cup mayonnaise light
- ☐ 1 slices okra chopped
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons cream sour
- ☐ 1 teaspoon spicy brown mustard

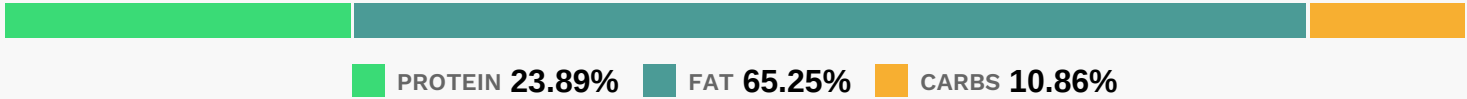
- ☐ 1 teaspoon sriracha hot
- ☐ 3 tablespoons pickle relish sweet

## Equipment

## Directions

- ☐ Slice eggs in half lengthwise, and carefully remove yolks, keeping egg whites intact.
- ☐ Mash together yolks, mayonnaise, and next 7 ingredients until smooth using a fork. Spoon yolk mixture into egg white halves. Top eggs with pickled okra slices and chopped pork crackling strips. Cover and chill 1 hour before serving.

## Nutrition Facts



## Properties

Glycemic Index:128, Glycemic Load:0.16, Inflammation Score:-9, Nutrition Score:50.627826213837%

## Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

## Nutrients (% of daily need)

Calories: 1309.76kcal (65.49%), Fat: 93.62g (144.03%), Saturated Fat: 25.94g (162.1%), Carbohydrates: 35.07g (11.69%), Net Carbohydrates: 34.02g (12.37%), Sugar: 24.93g (27.7%), Cholesterol: 2270.08mg (756.69%), Sodium: 2497.3mg (108.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 77.13g (154.25%), Selenium: 190.35µg (271.93%), Vitamin B2: 3.15mg (185.24%), Vitamin K: 178.52µg (170.02%), Vitamin B12: 6.71µg (111.84%), Phosphorus: 1084.33mg (108.43%), Vitamin D: 13.2µg (88%), Vitamin A: 4309.99IU (86.2%), Vitamin B5: 8.58mg (85.79%), Folate: 281.48µg (70.37%), Vitamin E: 9.07mg (60.49%), Iron: 8.15mg (45.27%), Zinc: 6.63mg (44.2%), Vitamin B6: 0.76mg (38.2%), Calcium: 346.62mg (34.66%), Vitamin B1: 0.43mg (28.63%), Potassium: 887mg (25.34%), Magnesium: 73.27mg (18.32%), Vitamin C: 10.36mg (12.55%), Manganese: 0.22mg (11.03%), Copper: 0.16mg (7.95%), Fiber: 1.04g (4.17%), Vitamin B3: 0.65mg (3.27%)