



## The Real Deal Deviled Eggs

 Vegetarian  Gluten Free  Dairy Free

READY IN



22 min.

SERVINGS



8

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 teaspoon ground pepper
- 1.5 teaspoons curry powder
- 1.5 teaspoons dijon mustard
- 8 hardboiled eggs shelled halved lengthwise
- 2 teaspoons jalapeno diced finely
- 0.3 cup mayonnaise
- 2 teaspoons onion diced finely
- 8 servings paprika

1 teaspoon parsley minced

2 teaspoons vinegar

## Equipment

## Nutrition Facts

**PROTEIN 20.21%** **FAT 73.37%** **CARBS 6.42%**

## Properties

Glycemic Index:34.38, Glycemic Load:0.12, Inflammation Score:-6, Nutrition Score:7.4439130434783%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 133.72kcal (6.69%), Fat: 10.91g (16.78%), Saturated Fat: 2.51g (15.7%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 1.21g (0.44%), Sugar: 0.92g (1.02%), Cholesterol: 189.44mg (63.15%), Sodium: 118.44mg (5.15%), Protein: 6.76g (13.52%), Vitamin A: 1320.54IU (26.41%), Selenium: 16.09µg (22.99%), Vitamin B2: 0.29mg (16.84%), Vitamin K: 14.09µg (13.42%), Vitamin E: 1.49mg (9.96%), Phosphorus: 96.96mg (9.7%), Vitamin B12: 0.56µg (9.39%), Vitamin B5: 0.77mg (7.69%), Vitamin D: 1.11µg (7.43%), Iron: 1.17mg (6.52%), Folate: 24.56µg (6.14%), Vitamin B6: 0.12mg (5.89%), Zinc: 0.65mg (4.33%), Fiber: 0.94g (3.76%), Potassium: 123.63mg (3.53%), Manganese: 0.07mg (3.52%), Calcium: 33.07mg (3.31%), Vitamin B1: 0.04mg (2.94%), Magnesium: 10.48mg (2.62%), Vitamin C: 1.7mg (2.06%), Vitamin B3: 0.28mg (1.4%), Copper: 0.03mg (1.36%)