



Traditional Southern Deviled Eggs



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



14

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 7 large eggs peeled
- ☐ 0.3 cup mayonnaise
- ☐ 1 teaspoon mustard prepared
- ☐ 14 servings paprika for garnishing
- ☐ 14 servings gherkin pickles sweet sliced for garnishing
- ☐ 14 servings pimentos for garnishing
- ☐ 14 servings salt and pepper for taste
- ☐ 1.5 tablespoons relish sweet

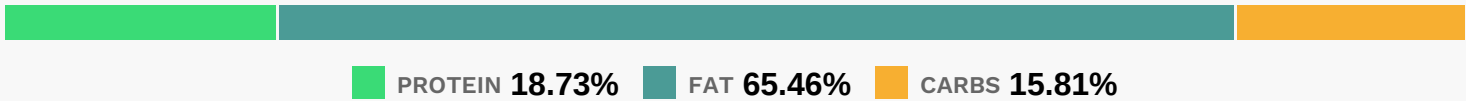
Equipment

☐ bowl

Directions

- ☐ Halve 7 eggs lengthwise.
- ☐ Remove yolks and place in a small bowl.
- ☐ Mash yolks with a fork and stir in mayonnaise, pickle relish, and mustard.
- ☐ Add salt and pepper, to taste.
- ☐ Fill egg whites evenly with yolk mixture.
- ☐ Garnish with paprika, pickles and pimentos. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:10.14, Glycemic Load:0.09, Inflammation Score:-7, Nutrition Score:6.2956521407418%

Nutrients (% of daily need)

Calories: 78.98kcal (3.95%), Fat: 5.93g (9.12%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 3.22g (1.07%), Net Carbohydrates: 1.82g (0.66%), Sugar: 1.66g (1.84%), Cholesterol: 94.68mg (31.56%), Sodium: 798.38mg (34.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Vitamin A: 1288.01IU (25.76%), Vitamin K: 20.58µg (19.6%), Selenium: 8.02µg (11.45%), Vitamin B2: 0.18mg (10.48%), Vitamin E: 1.07mg (7.15%), Phosphorus: 67.84mg (6.78%), Iron: 1.06mg (5.89%), Fiber: 1.4g (5.62%), Vitamin B6: 0.11mg (5.54%), Calcium: 54.46mg (5.45%), Vitamin B5: 0.47mg (4.74%), Folate: 18.24µg (4.56%), Potassium: 156.61mg (4.47%), Vitamin B12: 0.23µg (3.79%), Manganese: 0.07mg (3.64%), Vitamin D: 0.51µg (3.39%), Zinc: 0.49mg (3.29%), Vitamin B1: 0.05mg (3.23%), Vitamin C: 2.44mg (2.96%), Magnesium: 11.48mg (2.87%), Copper: 0.05mg (2.62%), Vitamin B3: 0.3mg (1.52%)