



Truffle Deviled Eggs



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



32 min.

SERVINGS



24

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 servings chives for garnish
- ☐ 12 eggs
- ☐ 1 teaspoon parsley leaves fresh minced
- ☐ 2 dashes hot sauce recommended: Tabasco
- ☐ 1 teaspoon mustard dry english recommended: Coleman's
- ☐ 4 tablespoons olive oil
- ☐ 24 servings salt and pepper white
- ☐ 1 tablespoon truffle oil

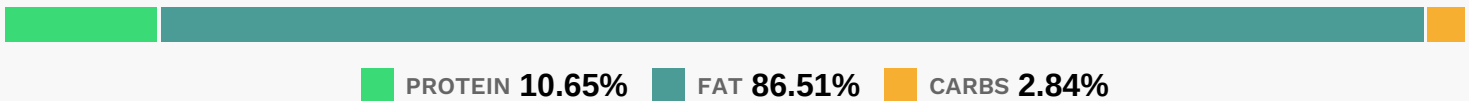
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In saucepan, add the eggs and enough hot water to cover the eggs. Cook the eggs for 12 minutes at a rapid boil.
- ☐ Remove the eggs to a bowl of cold water and let cool for about 10 to 15 minutes.
- ☐ While the eggs are cooling, prepare the truffle mayonnaise by whisking the remaining 2 egg yolks, in a medium bowl, until the yolks are stiff and increased in volume by 20 percent. Slowly whisk in the truffle oil and olive oil, ensuring that all of the oil is being absorbed before more is added. Continue to add the oil until all of it has been added, then season with hot sauce, salt and white pepper, to taste. Stir in the parsley and the dry mustard and set aside.
- ☐ Remove the eggs from the water, peel and remove the yolks to a medium bowl.
- ☐ Add truffle mayonnaise and mix well with a fork. Arrange the cooked whites on a flat service and fill the well with the prepared egg mixture. Arrange on a serving platter and garnish with chives.;

Nutrition Facts



Properties

Glycemic Index:3.21, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.0465217368758%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 55.47kcal (2.77%), Fat: 5.33g (8.21%), Saturated Fat: 1.26g (7.91%), Carbohydrates: 0.39g (0.13%), Net Carbohydrates: 0.37g (0.13%), Sugar: 0.1g (0.11%), Cholesterol: 97.2mg (32.4%), Sodium: 216.13mg (9.4%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Selenium: 5.05µg (7.21%), Vitamin E: 0.65mg (4.36%), Vitamin K: 4.02µg (3.83%), Phosphorus: 35.68mg (3.57%), Folate: 14.2µg (3.55%), Vitamin A: 173.67IU (3.47%), Vitamin D: 0.49µg (3.24%), Vitamin B12: 0.18µg (2.92%), Vitamin B2: 0.05mg (2.86%), Vitamin B5: 0.27mg (2.72%), Vitamin B6: 0.03mg (1.64%), Iron: 0.28mg (1.56%), Zinc: 0.21mg (1.42%), Calcium: 12.69mg (1.27%), Vitamin B1: 0.02mg (1.11%)