



## Truffled Deviled Eggs

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



60 min.

SERVINGS



12

CALORIES



253 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 pinch ground pepper
- 12 servings chives chopped for garnish
- 6 eggs
- 1.5 cups mayonnaise
- 1 tablespoon truffle oil
- 2 tablespoons truffle oil black finely chopped

## Equipment

- pot

pastry bag

## Directions

- Watch how to make this recipe.
- Place the eggs in a pot and cover with tap water. The level of the water should be about 1 inch above the eggs.
- Bring the pot to a boil and COVER!!!! And turn off the heat and let sit for 13 minutes- EXACTLY!!!!
- Uncover and run the eggs under cold water if using right away or refrigerate until ready to use.
- Peel the eggs and cut in half lengthwise.
- Remove the yolks from the whites. Mash the yolks with a fork.
- Add the mayonnaise, truffle oil, cayenne and truffle peelings.
- Whip until very light and fluffy. \*If you want a little more truffle flavor add a little more truffle oil. Proceed with caution, it is very easy to over truffle.
- Spoon or pipe the yolk mixture into the whites.
- Sprinkle with chopped chives. If piping, fill the pastry bag with the egg mixture then cut the tip of the bag off to form a hole about 1/4-inch in diameter. Pipe the mixture into the egg white halves.

## Nutrition Facts

   **PROTEIN 4.87%**  **FAT 94.55%**  **CARBS 0.58%**

## Properties

Glycemic Index:10.58, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:4.885217393546%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 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: 253.13kcal (12.66%), Fat: 26.54g (40.84%), Saturated Fat: 4.45g (27.81%), Carbohydrates: 0.37g (0.12%), Net Carbohydrates: 0.34g (0.12%), Sugar: 0.26g (0.29%), Cholesterol: 93.6mg (31.2%), Sodium: 209.14mg (9.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.15%), Vitamin K: 49.95µg (47.57%), Vitamin E: 1.66mg (11.05%), Selenium: 7.41µg (10.58%), Vitamin B2: 0.11mg (6.3%), Phosphorus: 50.04mg (5%), Vitamin B5: 0.39mg (3.89%), Vitamin B12: 0.23µg (3.82%), Vitamin A: 184IU (3.68%), Vitamin D: 0.5µg (3.31%), Folate: 12.8µg (3.2%), Iron: 0.48mg (2.67%), Zinc: 0.33mg (2.21%), Vitamin B6: 0.04mg (2.06%), Calcium: 15.53mg (1.55%), Copper: 0.02mg (1.14%), Potassium: 39.12mg (1.12%)