



Truffled Deviled Eggs Recipe

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



265 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 servings pepper black freshly ground
- 2 teaspoons dijon mustard
- 12 eggs
- 2 teaspoons chives fresh finely chopped
- 10 servings kosher salt
- 2 teaspoons juice of lemon freshly squeezed
- 6 tablespoons mayonnaise
- 2 teaspoons truffle oil black

10 servings truffle oil black thinly sliced for garnish (optional; chervil leaves may be substituted)

Equipment

Nutrition Facts

PROTEIN 10.26% **FAT 88.8%** **CARBS 0.94%**

Properties

Glycemic Index:15.9, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:6.7813043478261%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 264.6kcal (13.23%), Fat: 26.15g (40.22%), Saturated Fat: 4.68g (29.27%), Carbohydrates: 0.62g (0.21%), Net Carbohydrates: 0.55g (0.2%), Sugar: 0.29g (0.32%), Cholesterol: 199.94mg (66.65%), Sodium: 333.44mg (14.5%), Protein: 6.8g (13.59%), Selenium: 16.75µg (23.93%), Vitamin K: 23.36µg (22.25%), Vitamin E: 2.97mg (19.78%), Vitamin B2: 0.24mg (14.36%), Phosphorus: 107.74mg (10.77%), Vitamin B5: 0.83mg (8.3%), Vitamin B12: 0.48µg (8%), Vitamin D: 1.07µg (7.15%), Folate: 25.73µg (6.43%), Vitamin A: 300.6IU (6.01%), Iron: 1.06mg (5.87%), Zinc: 0.7mg (4.69%), Vitamin B6: 0.09mg (4.61%), Calcium: 31.83mg (3.18%), Potassium: 79.18mg (2.26%), Copper: 0.04mg (2.12%), Magnesium: 7.22mg (1.8%), Manganese: 0.03mg (1.68%), Vitamin B1: 0.02mg (1.62%)