



Tuna Stuffed Deviled Eggs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4.5 ounce tuna flaked drained canned
- ☐ 6 eggs
- ☐ 2.5 tablespoons mayonnaise or as needed
- ☐ 1 teaspoon mustard
- ☐ 0.1 teaspoon onion powder
- ☐ 12 servings salt and pepper to taste
- ☐ 2 teaspoons relish sweet drained
- ☐ 0.3 teaspoon sugar white

- ☐ 1 pinch as desired
- ☐ 1 pinch as desired

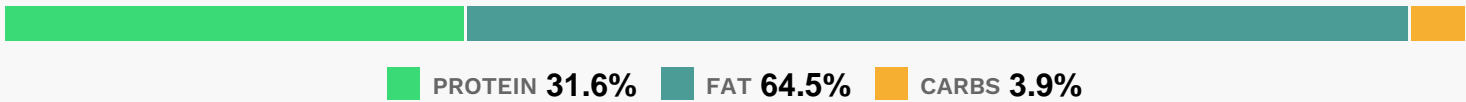
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place eggs in a saucepan; cover with water. Bring to a boil, remove from heat, and let eggs stand in hot water for 15 minutes.
- ☐ Remove eggs from hot water, cool under cold running water, and peel.
- ☐ Cut eggs in half lengthwise; place yolks in a small bowl. Mash egg yolks with a fork; stir in tuna, pickle relish, mustard, sugar, and onion powder. Stir mayonnaise into tuna mixture until mixture is creamy but remains firm; season with salt and pepper.
- ☐ Place egg whites cut-side-up on a serving platter. Spoon tuna mixture into egg white halves; sprinkle with paprika.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:3.6021739223405%

Nutrients (% of daily need)

Calories: 62.59kcal (3.13%), Fat: 4.39g (6.76%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 0.6g (0.2%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.43g (0.48%), Cholesterol: 86.89mg (28.96%), Sodium: 278.19mg (12.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.69%), Selenium: 14.17µg (20.25%), Vitamin B12: 0.47µg (7.88%), Vitamin B2: 0.11mg (6.49%), Phosphorus: 59.37mg (5.94%), Vitamin B3: 1.08mg (5.38%), Vitamin K: 5.55µg (5.28%), Vitamin D: 0.57µg (3.82%), Vitamin B6: 0.07mg (3.61%), Vitamin B5: 0.36mg (3.59%), Iron: 0.58mg (3.25%), Vitamin A: 137.2IU (2.74%), Folate: 10.96µg (2.74%), Vitamin E: 0.37mg (2.45%), Zinc: 0.36mg (2.42%), Calcium: 14.96mg (1.5%), Potassium: 50.73mg (1.45%), Magnesium: 5.38mg (1.35%), Copper: 0.02mg (1.14%)