



## Tuna Stuffed Hard-Boiled Eggs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



129 kcal

SIDE DISH

### Ingredients

- 6 hardboiled eggs halved
- 1 tuna drained
- 0.5 small onion grated
- 0.3 cup carrots grated
- 0.3 cup parsley chopped
- 1 tbsp juice of lemon freshly squeezed
- 12 servings regular corn for garnish and crunchy texture

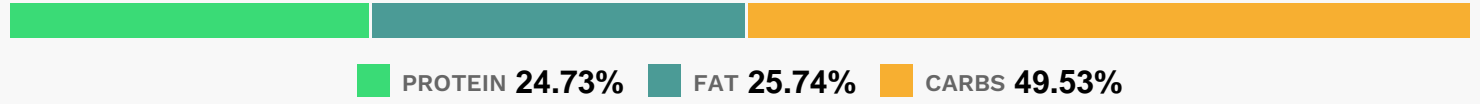
### Equipment

bowl

## Directions

In a small bowl, mix tuna with onion, carrots, parsley, and lemon juice. Fill each egg with the tuna mixture and garnish with corn kernels.

## Nutrition Facts



## Properties

Glycemic Index:13.44, Glycemic Load:8.1, Inflammation Score:-6, Nutrition Score:9.3265217391304%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

## Taste

Sweetness: 100%, Saltiness: 56.69%, Sourness: 35.18%, Bitterness: 54.7%, Savoriness: 22.77%, Fattiness: 72.03%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 128.56kcal (6.43%), Fat: 3.97g (6.1%), Saturated Fat: 1g (6.28%), Carbohydrates: 17.17g (5.72%), Net Carbohydrates: 15.13g (5.5%), Sugar: 4.07g (4.52%), Cholesterol: 98.35mg (32.78%), Sodium: 65.7mg (2.86%), Protein: 8.57g (17.15%), Vitamin K: 28.11µg (26.77%), Selenium: 17.48µg (24.97%), Vitamin A: 926.61IU (18.53%), Vitamin B3: 2.77mg (13.85%), Phosphorus: 124.54mg (12.45%), Vitamin B2: 0.19mg (11.05%), Vitamin B12: 0.64µg (10.69%), Vitamin B5: 1mg (9.99%), Vitamin B6: 0.19mg (9.59%), Vitamin C: 7.31mg (8.86%), Folate: 33.12µg (8.28%), Fiber: 2.03g (8.12%), Manganese: 0.15mg (7.41%), Potassium: 247.61mg (7.07%), Magnesium: 27.3mg (6.82%), Vitamin B1: 0.1mg (6.48%), Zinc: 0.86mg (5.75%), Iron: 1mg (5.55%), Vitamin D: 0.72µg (4.8%), Vitamin E: 0.41mg (2.71%), Copper: 0.05mg (2.64%), Calcium: 21.29mg (2.13%)