



Turkey Feet Dressed Eggs



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



14

CALORIES



92 kcal

SIDE DISH

Ingredients

- ☐ 10 hard-cooked eggs
- ☐ 0.3 cup mayonnaise
- ☐ 2 teaspoons mustard prepared
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt

Equipment

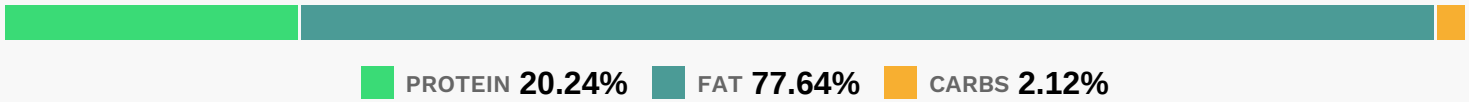
- ☐ knife
- ☐ mixing bowl

☐ spatula

Directions

- ☐ Slice eggs in half lengthwise, and carefully remove yolks. Set egg whites aside.
- ☐ Mash yolks in a small mixing bowl.
- ☐ Add mayonnaise, mustard, salt, and pepper; mix well. Stuff egg whites with yolk mixture, shaping mixture into a mound using a metal spatula. Using a knife blade, make three indentations in yolk mixture on top of each egg to resemble a turkey foot.
- ☐ Garnish each egg with fresh parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:8.14, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.6965217421884%

Nutrients (% of daily need)

Calories: 92.1kcal (4.61%), Fat: 7.8g (12.01%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 0.48g (0.16%), Net Carbohydrates: 0.44g (0.16%), Sugar: 0.44g (0.49%), Cholesterol: 135.45mg (45.15%), Sodium: 127.54mg (5.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.15%), Selenium: 11.37µg (16.24%), Vitamin B2: 0.18mg (10.87%), Vitamin K: 8.84µg (8.42%), Vitamin B12: 0.4µg (6.71%), Phosphorus: 63.35mg (6.33%), Vitamin D: 0.8µg (5.31%), Vitamin B5: 0.51mg (5.11%), Folate: 16.03µg (4.01%), Vitamin A: 189.79IU (3.8%), Vitamin E: 0.55mg (3.64%), Zinc: 0.39mg (2.59%), Iron: 0.45mg (2.5%), Vitamin B6: 0.04mg (2.21%), Calcium: 18.84mg (1.88%), Vitamin B1: 0.03mg (1.7%), Potassium: 47.38mg (1.35%)