



## Wasabi Deviled Eggs

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 large eggs
- 0.3 cup mayonnaise
- 1.5 teaspoons wasabi paste
- 2 teaspoons rice vinegar
- 3 tablespoons spring onion minced
- 1 serving coarse salt
- 1 serving pea shoots for garnish

### Equipment

- bowl
- sauce pan

## Directions

- Prepare an ice-water bath.
- Place eggs in a medium saucepan.
- Add enough cold water to cover eggs by about 1 inch. Bring to a boil. Cover, and remove from heat.
- Let stand 13 minutes.
- Drain, and transfer eggs to ice-water bath until cold.
- Peel eggs, and halve lengthwise.
- Transfer yolks to a medium bowl, and mash with a fork until smooth. Stir in mayonnaise, wasabi, vinegar, and scallions. Season with salt. Pipe or spoon filling into whites.
- Garnish with pea shoots or sprouts.

## Nutrition Facts

**PROTEIN 19.22%** **FAT 78.41%** **CARBS 2.37%**

## Properties

Glycemic Index:8.25, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.9091304347826%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 68.48kcal (3.42%), Fat: 5.87g (9.04%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 0.4g (0.13%), Net Carbohydrates: 0.33g (0.12%), Sugar: 0.15g (0.16%), Cholesterol: 94.96mg (31.65%), Sodium: 77.53mg (3.37%), Protein: 3.24g (6.48%), Selenium: 7.79µg (11.13%), Vitamin K: 10.01µg (9.53%), Vitamin B2: 0.12mg (6.86%), Phosphorus: 51.3mg (5.13%), Vitamin B5: 0.39mg (3.93%), Vitamin B12: 0.23µg (3.8%), Vitamin D: 0.51µg (3.4%), Folate: 12.79µg (3.2%), Vitamin A: 149.67IU (2.99%), Vitamin E: 0.42mg (2.81%), Iron: 0.47mg (2.61%), Zinc: 0.34mg (2.28%), Vitamin B6: 0.04mg (2.24%), Calcium: 15.83mg (1.58%), Potassium: 41.22mg (1.18%), Copper: 0.02mg (1.03%)