



Zesty Deviled Eggs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



15 min.

SERVINGS



6

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 hardboiled eggs peeled
- 0.3 cup salad dressing
- 2 tablespoons bacon bits
- 2 teaspoons juice of lemon
- 1.5 teaspoons worcestershire sauce
- 1 teaspoon mustard yellow
- 0.3 teaspoon salt
- 0.1 teaspoon pepper

1 serving paprika

Equipment

bowl

Directions

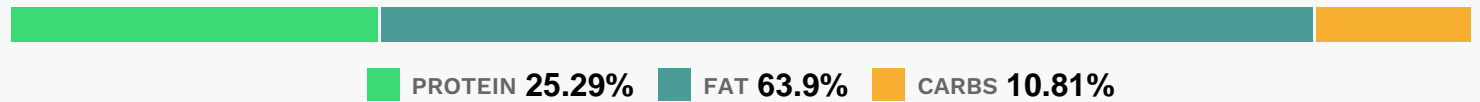
Cut eggs lengthwise in half. Slip out yolks and mash with fork in small bowl.

Stir in remaining ingredients except egg white halves.

Fill egg white halves with egg yolk mixture, heaping it lightly.

Garnish with parsley or sprinkle with paprika.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:5.6573913330617%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 115.18kcal (5.76%), Fat: 8.05g (12.39%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 3.07g (1.02%), Net Carbohydrates: 2.66g (0.97%), Sugar: 1.86g (2.06%), Cholesterol: 186.5mg (62.17%), Sodium: 326.34mg (14.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.34%), Selenium: 16.08µg (22.98%), Vitamin B2: 0.27mg (15.59%), Vitamin B12: 0.58µg (9.72%), Phosphorus: 95.58mg (9.56%), Vitamin A: 429.81IU (8.6%), Vitamin D: 1.1µg (7.33%), Vitamin B5: 0.71mg (7.13%), Vitamin E: 0.99mg (6.63%), Folate: 25.65µg (6.41%), Vitamin K: 6µg (5.71%), Iron: 0.81mg (4.48%), Zinc: 0.6mg (4%), Vitamin B6: 0.08mg (3.86%), Vitamin B1: 0.05mg (3.54%), Calcium: 31.87mg (3.19%), Potassium: 97.75mg (2.79%), Magnesium: 9.07mg (2.27%), Fiber: 0.41g (1.62%), Manganese: 0.03mg (1.53%), Copper: 0.03mg (1.39%), Vitamin C: 0.93mg (1.13%)