



Zesty Deviled Eggs

 Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons bacon bits os®
- 6 hardboiled eggs peeled
- 2 teaspoons juice of lemon
- 6 servings parsley
- 0.1 teaspoon pepper
- 0.3 cup salad dressing
- 0.3 teaspoon salt
- 1.5 teaspoons worcestershire sauce

1 teaspoon mustard yellow

Equipment

bowl

Directions

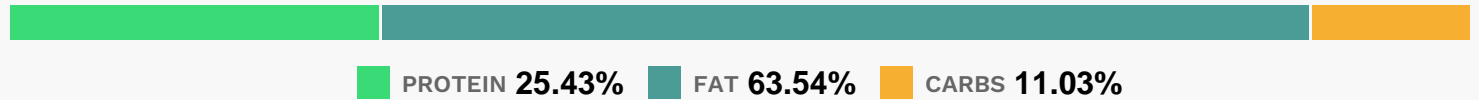
Cut eggs lengthwise in half. Slip out yolks and mash with fork in small bowl.

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:16, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:8.9660869888637%

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 Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 115.68kcal (5.78%), Fat: 8.04g (12.37%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 2.72g (0.99%), Sugar: 1.86g (2.06%), Cholesterol: 186.5mg (62.17%), Sodium: 328.36mg (14.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.24g (14.48%), Vitamin K: 71.33µg (67.93%), Selenium: 16.07µg (22.95%), Vitamin B2: 0.26mg (15.58%), Vitamin A: 602.59IU (12.05%), Vitamin B12: 0.58µg (9.72%), Phosphorus: 96.85mg (9.69%), Folate: 31.56µg (7.89%), Vitamin C: 6.25mg (7.57%), Vitamin D: 1.1µg (7.33%), Vitamin B5: 0.72mg (7.2%), Vitamin E: 0.93mg (6.18%), Iron: 0.98mg (5.47%), Zinc: 0.63mg (4.19%), Vitamin B1: 0.06mg (3.7%), Vitamin B6: 0.07mg (3.68%), Calcium: 36.62mg (3.66%), Potassium: 112.31mg (3.21%), Magnesium: 10.48mg (2.62%), Fiber: 0.42g (1.69%), Manganese: 0.03mg (1.58%), Copper: 0.03mg (1.57%)