AMERICAN · SNACK

Classic Deviled Eggs

35 min · Serves 6 · 126 kcal a serve · Video 4:00 · Downshiftology

Vegetarian · Gluten-free ingredients · No dairy listed · No nuts listed

Eggs and mayonnaise with a little mustard and vinegar: about 6 g protein and under 1 g net carbs for two halves, with no added sugar, making a filling keto snack.

Diet notes: Keto (0.7 g net carbs a serve); Paleo with a swap: avocado-oil mayonnaise instead of the mayonnaise.

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Ingredients 7 · SERVES 6

- [ ] 6 large **eggs**
- [ ] 3 tbsp **mayonnaise** (homemade in the video)
- [ ] 1 tsp **Dijon mustard**
- [ ] 1 tsp **apple cider vinegar**
- [ ] **kosher salt** to taste (about 1/4 tsp)
- [ ] **ground black pepper** to taste
- [ ] **paprika**, to garnish

Allergens found in the listed ingredients: Egg, Mustard, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Bring a pot of water to the boil, then lower the heat until it stops bubbling. Gently lower in the eggs, turn the heat back up and cook for 14 minutes. 0:45
2. Move the eggs straight into a bowl of ice water and leave them until completely cold. 1:40
3. Peel and rinse the eggs, halve them lengthwise and pop the yolks into a bowl; set the whites on a plate. 1:47
4. Mash the yolks with a fork until they look like coarse sand, then stir in the mayonnaise, mustard, vinegar, salt and pepper until creamy. 2:24
5. Spoon or pipe the filling back into the whites and dust each one with a little paprika. 2:59

> **Tip** Serves 6 at two halves each. Keeps 2 days covered in the fridge; fill the whites just before serving if making ahead. Double or triple for a party.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
126 kcal 530 kJ	6.4 g 13% of a day	0.7 g 0.7 g net · 0.6 g sugars 0% of a day	0.1 g 0% of a day	11 g 2.5 g saturated 14% of a day	210 mg 9% of a day

Energy from net carbs 2% · protein 20% · fat 78% — fits keto: 0.7 g net carbs, 78% of the energy from fat

High in (20%+ of a day) Omega-3 33% · Selenium 29% · Vitamin B12 24%

Source of (10–19%) Vitamin K 10%

Recipe and video: Downshiftology (@Downshiftology) on YouTube — youtube.com/watch?v=KmzbiuW4r1I, published 3 October 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/classic-deviled-eggs-downshiftology