



## Devilled Eggs

*100 Calories, Christmas, Gluten Free*

### INGREDIENTS

12 large eggs, hard boiled & cooled

1/2 cup 99% fat free mayonnaise

2 tsp vinegar or lemon juice

2 tsp mustard

salt & pepper, to taste

paprika or fresh parsley, to garnish

gluten-free mayonnaise.

### NUTRITIONAL INFO

Energy: 37cal (155kJ)

Protein: 2.8g

Fat: 2.2g

Sat Fat: 0.6g

Carbs: 1.5g

Sugars: 1.2g

Fibre: 0g

Sodium: 68mg

### DIRECTIONS

1. Cut boiled eggs lengthwise with a sharp knife. Scoop yolk into a bowl. Lay empty egg white halves on a serving platter.

3. Mash egg yolks together with mayonnaise, vinegar and mustard until well mixed. Season to taste.

3. Pipe or spoon the yolk mixture into the egg white halves. Garnish with a sprinkle of paprika or a sprig of fresh parsley. Serve chilled.

### NOTES

Gluten Free\*

\*To make this recipe gluten free, substitute for