Snack

Creamy Pepper Stuffed Eggs

Hard cooked egg halves are filled with a smooth yolk mixture made creamy with light mayonnaise and warmly seasoned with mustard powder and black pepper. They come together with just a saucepan and a fork for a simple appetizer.



Gluten free | Nut free

38 min	50	1 g	0 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 6 large eggs
- [ ] 2 tbsp + 1 tsp light mayonnaise
- [ ] 1/8 tsp mustard powder
- [ ] 1/8 tsp salt
- [ ] 1 tsp freshly ground black pepper

Method

- [ ] 1 Set the large eggs in a small saucepan where they cannot shift around or bump into each other, then cover them with water.
- [ ] 2 Bring the water to a boil, then immediately turn off the heat and cover the pan.
- [ ] 3 Let the large eggs sit for 15-18 minutes to finish cooking through.
- [ ] 4 Pour out the hot water, then shake the eggs in the pan to crack their shells.
- [ ] 5 Add cold water to the pan and let the eggs sit so the shells come off more easily.
- [ ] 6 Peel the large eggs and cut each one in half vertically.
- [ ] 7 Remove the yolks, place them in a small bowl, and mash them with a fork.
- [ ] 8 Stir in the light mayonnaise, mustard powder, salt, and freshly ground black pepper until the filling is smooth.
- [ ] 9 Spoon the yolk mixture into the egg white halves and arrange them on a platter.

Nutrition Facts

Per serving

Calories	**50**
Total fat	3.5 g
Saturated fat	1 g
Sodium	70 mg
Total carbs	1 g
Fiber	0 g
Total sugars	0 g
Protein	3 g

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