

# Keto Everything Bagel Deviled Eggs

Hands-on 10 minutes Overall 20 minutes

**Nutritional values (per serving, 2 deviled eggs):** Total carbs: 1 g, Fiber: 0.2 g,

**Net carbs: 0.8 g**, Protein: 6.7 g, Fat: 11.3 g, Calories: 134 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 6 servings)

6 large eggs

2 tbsp [mayonnaise](#) (30 g/ 1.1 oz) - *you can [make your own](#)*

2 tbsp cream cheese (30 g/ 1.1 oz)

1 tsp white vinegar

1 tsp yellow mustard (*you can [make your own](#)*)

1/4 tsp black pepper

1/4 tsp sea salt

1 tbsp everything bagel seasoning (*see note*)

*Optional: 2 oz smoked salmon (57 g)*

*Note: you can make your own everything bagel seasoning by mixing: 1 tsp each poppy seeds and [sesame seeds](#), plus 1/2 tsp each onion flakes and garlic flakes, or 1/8 tsp each onion and garlic powder.*

## Instructions

1. Place the eggs in a large pot and cover with cold water by 2 1/2 cm (1 inch). Bring to a boil over medium-high heat. Once boiling cover and remove from the heat, set aside 8 to 10 minutes. Rinse the eggs with cool water then peel and cut in half.
2. Scoop out the yolks and place them in a small mixing bowl.
3. Add in the mayonnaise, cream cheese, vinegar, mustard, salt and pepper. Mix until smooth. Add in the minced salmon if using.
4. Fill the center of each egg with the yolk mixture then top with the bagel seasoning. Store in an airtight container in the refrigerator for up to 4 days.

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