

# Spicy Tuna Deviled Eggs

Hands-on 10 minutes Overall 20 minutes



**Nutritional values (per serving, 2 deviled eggs):** Total carbs: 1.3 g, Fiber: 0.2 g,

**Net carbs: 1.1 g**, Protein: 10.7 g, Fat: 11.4 g, Calories: 151 kcal,

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

## Ingredients (makes 4 servings, 8 deviled eggs)

- 4 large eggs
- 85 g tuna, drained (3 oz)
- 2 tbsp [mayonnaise](#) (30 g/ 1.1 oz) - *you can [make your own](#)*
- 1 tbsp [Sriracha](#) sauce - *you can [make your own](#)*
- 1 large spring onion, sliced (25 g/ 0.9 oz)
- salt and pepper to taste

## Instructions

- Place 4 *large* eggs in a pot and fill with water covering them by an inch. Bring to a boil over high heat.
- Once the water starts boiling, turn off the heat and cover with a lid. Remove from the burner and keep the eggs covered in the pot for 13 minutes (10 minutes for medium sized eggs, 15 minutes for extra large eggs).
- When done, transfer to a bowl filled with ice water and let them sit for 5 minutes.
- To peel, remove from the ice water and crack each egg several times on the kitchen surface. Gently peel off the shells. *Fresh eggs don't peel well. It's better if you use eggs that you bought 7-10 days before cooking.*
- Cut the eggs in half and carefully - without breaking the egg whites - spoon the egg yolks into a bowl. *Hard-boiled eggs can be stored in the fridge for up to a week.*
- Add the drained tuna, mayonnaise, Sriracha and spring onion (keep some for garnish). Season with salt and pepper to taste. Mix until well combined using a fork.
- Use a spoon or a small cookie scoop to fill in the egg white halves with the egg yolk mixture.
- Garnish with freshly chopped spring onion and serve, or place in an airtight container and refrigerate for up to 2 days.

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