

# Valentine's Day Deviled Eggs

Hands-on 5 minutes Overall 15 minutes

**Nutritional values (per serving):** Total carbs: 1.7 g, Fiber: 0.3 g, **Net carbs: 1.5 g,**

Protein: 6.6 g, Fat: 14.1 g, Calories: 161 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



## Ingredients (makes 4 servings)

4 large eggs

3 tbsp mayonnaise (45 g/ 1.6 oz) - *you can make your own*

1 tbsp beetroot powder (6 g/ 0.2 oz)

1/4 tsp cayenne pepper

1/2 tsp salt or to taste (I like pink Himalayan)

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## Instructions

1. Start by cooking the eggs. Fill a small saucepan with water up to three quarters. Add a good pinch of salt. This will prevent the eggs from cracking. Bring to a boil. Using a spoon or hand, dip each egg in and out of the boiling water - be careful not to get burnt. This will prevent the egg from cracking as the temperature change won't be so sudden. To get the eggs hard-boiled, you need round 10 minutes. This timing works for large eggs. When done, remove from the heat and place in a bowl filled with cold water. I like and always use this egg timer! When the eggs are chilled, peel off the shells.
2. Cut the eggs in half and carefully - without breaking the egg whites - spoon the egg yolks into a bowl. Add mayonnaise, salt, cayenne pepper and beetroot powder. Mix until smooth. Use a spoon or a small cookie scoop or a piping bag and fill in the egg white halves with the pink egg yolk mixture.
3. Enjoy immediately or store in an airtight container in the fridge for up to 2 days. *If you want to take it a step further, you can even make heart-shaped deviled eggs and then just use a piping bag to add your heart-shaped pink filling :-)*

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