

Deviled Egg Burgers - Low-Carb, High-Protein Appetizers with a Twist

low-carb, high-protein twist on sliders



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10 min

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INGREDIENTS

For the Deviled Eggs:

6 large eggs ?

2 tbsp mayonnaise

1 tsp Dijon mustard

1 tsp pickle relish (optional)

... tsp paprika (plus more for garnish)

Salt and pepper, to taste

For the Mini Beef Patties:

% lb ground beef ?

% tsp garlic powder

% tsp onion powder

% tsp smoked paprika

1 tsp Worcestershire sauce

1 tbsp olive oil, for cooking

Optional Toppings:

Pickles

Sliced cheese (cut into small squares) ?

Bacon bits ?

Lettuce or arugula

Hot sauce or mustard drizzle ?

DIRECTIONS

1. Make the Deviled Eggs: Place eggs in a saucepan and cover with cold water. Bring to a boil, then remove from heat, cover, and let sit for 10 minutes.
2. Cool eggs under cold running water or in an ice bath. Peel the eggs, slice in half lengthwise, and remove yolks.
3. In a bowl, mash yolks with mayo, mustard, relish, paprika, salt, and pepper. Spoon or pipe the filling back into the egg whites. Sprinkle with a bit more paprika and set aside.
4. Prepare the Mini Beef Patties: In a bowl, mix together:
5. Ground beef
6. Garlic & onion powder
7. Smoked paprika
8. Worcestershire sauce
9. Salt and pepper
10. Form into 6-8 mini patties, about the size of a deviled egg half.
11. Heat olive oil in a skillet over medium heat. Cook patties for 3-4 minutes per side, or until cooked to your liking.
12. Assemble the Deviled Egg Burgers: Take one deviled egg half and place a beef patty on top. Add any toppings you like: cheese square, pickle slice, bacon bits, or greens.
13. Top with another deviled egg half to complete the "burger." Secure each mini burger with a toothpick.
14. Serve & Enjoy: Serve immediately while the patties are warm, or chill for a cold version (still

delicious). Perfect for appetizer trays, brunch boards, or protein-packed meal prep.

TIPS FOR SUCCESS

Make ahead: You can prep the deviled eggs and patties separately and assemble just before serving.

Double the batch: These go fast-don't be surprised if they vanish in minutes.

Switch it up: Try with turkey patties or even plant-based beef for a twist.

Mini burger bar: Let guests customize with a toppings bar!

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/deviled-egg-burgers-low-carb-high-protein-appetizers-with-a-twist/>