



Creole Deviled Eggs

 Vegetarian  Gluten Free

READY IN



37 min.

SERVINGS



8

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon celery finely chopped
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 8 large eggs
- ☐ 2 teaspoons chives fresh minced
- ☐ 1 tablespoon bell pepper green finely chopped
- ☐ 1 Dash ground pepper red

- ☐ 2 pieces okra hot cut into 8 slices
- ☐ 0.3 teaspoon hot sauce hot (such as Tabasco)
- ☐ 0.3 cup greek yogurt plain 2% reduced-fat
- ☐ 0.1 teaspoon salt

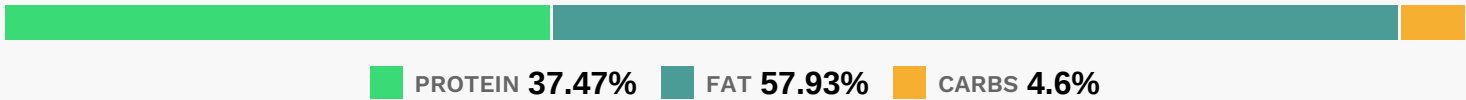
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place eggs in a large saucepan. Cover with water to 1 inch above eggs; stir in vinegar. Bring just to a rolling boil.
- ☐ Remove from heat; cover and let stand 15 minutes.
- ☐ Drain and rinse with cold running water until cool.
- ☐ Peel eggs; cut in half lengthwise.
- ☐ Place yolks in a medium bowl; add cream cheese, and mash with a fork until smooth.
- ☐ Add yogurt and next 8 ingredients (through red pepper). Spoon mixture into egg white halves (about 1 tablespoon in each half).
- ☐ Garnish each egg half with 1 okra slice.

Nutrition Facts



Properties

Glycemic Index:31.88, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:5.2482608712238%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 77.59kcal (3.88%), Fat: 4.85g (7.46%), Saturated Fat: 1.58g (9.87%), Carbohydrates: 0.87g (0.29%), Net Carbohydrates: 0.72g (0.26%), Sugar: 0.48g (0.53%), Cholesterol: 186.31mg (62.1%), Sodium: 134.48mg (5.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.12%), Selenium: 16.62µg (23.74%), Vitamin B2: 0.25mg (14.64%), Phosphorus: 110.59mg (11.06%), Vitamin B12: 0.49µg (8.15%), Vitamin B5: 0.8mg (7.99%), Vitamin D: 1µg (6.67%), Folate: 24.99µg (6.25%), Vitamin A: 298.79IU (5.98%), Iron: 0.93mg (5.18%), Vitamin B6: 0.1mg (4.76%), Zinc: 0.7mg (4.65%), Calcium: 37.53mg (3.75%), Vitamin E: 0.54mg (3.63%), Potassium: 89.39mg (2.55%), Copper: 0.04mg (2.07%), Magnesium: 8.29mg (2.07%), Manganese: 0.04mg (2.04%), Vitamin B1: 0.03mg (1.78%), Vitamin C: 1.28mg (1.55%), Vitamin K: 1.28µg (1.22%)