



Cumin and Chive Stuffed Eggs



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



194 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon cumin seeds cooled toasted
- ☐ 6 large eggs
- ☐ 3 tablespoons chives fresh thinly sliced
- ☐ 4 servings juice of lemon fresh to taste
- ☐ 3 tablespoons mayonnaise
- ☐ 3 tablespoons yogurt plain

Equipment

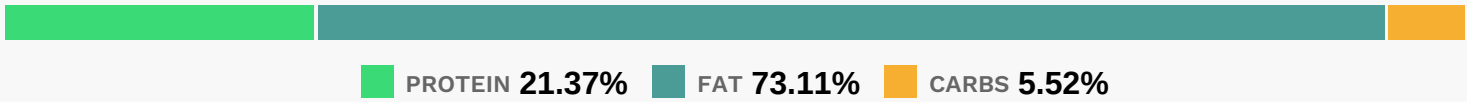
- ☐ bowl

- ☐ sauce pan
- ☐ mortar and pestle

Directions

- ☐ Cover eggs with cold water by 1 inch in a saucepan and bring just to a boil.
- ☐ Remove from heat and let eggs stand, covered with lid, 17 minutes.
- ☐ Finely grind cumin seeds in an electric coffee/spice grinder or with a mortar and pestle.
- ☐ Drain eggs, then rinse with cold water until no longer hot to the touch.
- ☐ Peel eggs, then halve lengthwise. Carefully remove yolks and mash in a bowl with a fork. Stir in mayonnaise, yogurt, 2 tablespoons chives, lemon juice, cumin, and salt and pepper to taste (filling will be loose).
- ☐ Spoon yolk into whites and sprinkle with remaining tablespoon chives.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:9.3939130176669%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 193.65kcal (9.68%), Fat: 15.64g (24.06%), Saturated Fat: 3.91g (24.42%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 2.5g (0.91%), Sugar: 1.47g (1.63%), Cholesterol: 285.36mg (95.12%), Sodium: 181.13mg (7.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.29g (20.57%), Selenium: 23.66µg (33.8%), Vitamin B2: 0.37mg (21.91%), Vitamin K: 22.19µg (21.13%), Phosphorus: 169.96mg (17%), Vitamin B5: 1.25mg (12.53%), Vitamin B12: 0.74µg (12.26%), Vitamin A: 531.87IU (10.64%), Folate: 42.24µg (10.56%), Vitamin D: 1.54µg (10.24%), Iron: 1.72mg (9.57%), Vitamin C: 7.23mg (8.76%), Vitamin E: 1.18mg (7.9%), Zinc: 1.12mg (7.44%), Vitamin B6: 0.15mg (7.27%), Calcium: 68.61mg (6.86%), Potassium: 159.9mg (4.57%), Magnesium: 14.58mg (3.64%), Copper: 0.07mg (3.38%), Vitamin B1: 0.04mg (2.93%), Manganese: 0.05mg (2.46%)