



Curried Deviled Eggs on Whole-Wheat Crackers

READY IN



45 min.

SERVINGS



12

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons small-curd cottage cheese 2% low-fat
- ☐ 1.5 teaspoons curry powder
- ☐ 1 tablespoon freeze-dried chives
- ☐ 3 tablespoons mayonnaise fat-free
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 6 large hard-cooked eggs
- ☐ 2 teaspoons juice of lime fresh

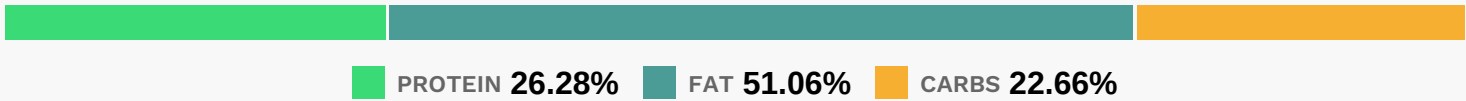
- ☐ 0.3 teaspoon paprika
- ☐ 12 round buttery crackers whole-wheat reduced-fat (such as Keebler wheat Toasteds)

Equipment

Directions

- ☐ Peel and slice eggs in half lengthwise. Mash yolks; stir in chives and next 6 ingredients (chives through red pepper). Spoon about 1 tablespoon yolk mixture into each egg white half. Cover and chill 1 hour.
- ☐ Sprinkle with paprika; serve with crackers.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:3.1043478613314%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg

Nutrients (% of daily need)

Calories: 57.26kcal (2.86%), Fat: 3.24g (4.99%), Saturated Fat: 0.92g (5.75%), Carbohydrates: 3.24g (1.08%), Net Carbohydrates: 2.75g (1%), Sugar: 0.76g (0.84%), Cholesterol: 93.64mg (31.21%), Sodium: 87.58mg (3.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.51%), Selenium: 8.23µg (11.76%), Vitamin B2: 0.13mg (7.9%), Phosphorus: 57.09mg (5.71%), Vitamin B12: 0.29µg (4.82%), Manganese: 0.09mg (4.27%), Vitamin B5: 0.38mg (3.81%), Vitamin D: 0.55µg (3.67%), Vitamin A: 174.75IU (3.5%), Folate: 12.6µg (3.15%), Iron: 0.52mg (2.89%), Vitamin E: 0.38mg (2.52%), Zinc: 0.37mg (2.44%), Vitamin B6: 0.04mg (2.11%), Vitamin K: 2.06µg (1.97%), Fiber: 0.49g (1.96%), Magnesium: 7.03mg (1.76%), Calcium: 16.9mg (1.69%), Vitamin B1: 0.02mg (1.59%), Potassium: 52.62mg (1.5%), Copper: 0.02mg (1.01%)