



Deviled Green Goblin Eggs

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



12

CALORIES



167 kcal

SIDE DISH

Ingredients

- 12 hardboiled eggs unpeeled
- 6 cups water hot
- 0.3 oz purple gel food coloring yellow
- 0.5 bottle purple gel food coloring blue (0.3 oz-size)
- 0.5 bottle purple gel food coloring green (0.3 oz-size)
- 2 tablespoons apple cider vinegar
- 0.5 cup potatoes mashed
- 0.5 cup mayonnaise

- 0.5 cup cream sour
- 0.3 cup chives fresh chopped
- 0.5 teaspoon salt
- 0.5 teaspoon lawry's seasoned salt

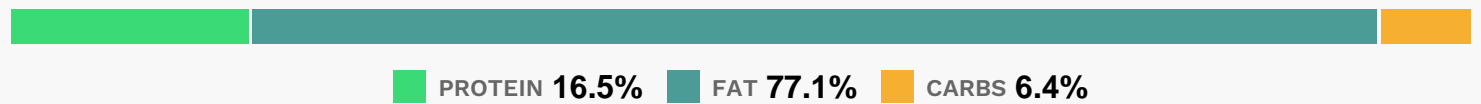
Equipment

- bowl
- paper towels

Directions

- Gently tap each egg on countertop until shell is finely cracked. In large bowl, stir together hot water, food colors and vinegar.
- Add eggs; let stand 1 hour.
- Remove eggs from water and drain on paper towels. Peel eggs to reveal pattern on whites.
- Cut eggs lengthwise in half; slip out yolks into medium bowl. Mash yolks.
- Add potatoes (dry), mayonnaise, sour cream, chives, salt and seasoned pepper blend; mix well.
- Spoon egg yolk mixture evenly into egg white halves. Gently press 2 halves together. Repeat with remaining halves.
- Serve immediately or refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:18.23, Glycemic Load:1.16, Inflammation Score:-2, Nutrition Score:6.2565218858097%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 167.45kcal (8.37%), Fat: 14.16g (21.78%), Saturated Fat: 3.7g (23.11%), Carbohydrates: 2.64g (0.88%), Net Carbohydrates: 2.43g (0.88%), Sugar: 1.03g (1.15%), Cholesterol: 196.07mg (65.36%), Sodium: 324.62mg (14.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.63%), Selenium: 16.01µg (22.87%), Vitamin K: 17.45µg (16.62%), Vitamin B2: 0.28mg (16.36%), Phosphorus: 100.91mg (10.09%), Vitamin B12: 0.59µg (9.77%), Vitamin B5: 0.78mg (7.76%), Vitamin D: 1.12µg (7.46%), Vitamin A: 362.22IU (7.24%), Folate: 25.32µg (6.33%), Vitamin E: 0.86mg (5.73%), Vitamin B6: 0.09mg (4.61%), Calcium: 41.09mg (4.11%), Zinc: 0.61mg (4.09%), Iron: 0.71mg (3.94%), Potassium: 118.01mg (3.37%), Vitamin B1: 0.04mg (2.9%), Vitamin C: 2.29mg (2.78%), Magnesium: 9.73mg (2.43%), Copper: 0.04mg (2%), Manganese: 0.04mg (1.9%)