



Deviled Green Goblin Eggs

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



12

CALORIES



168 kcal

SIDE DISH

Ingredients

- 2 tablespoons apple cider vinegar
- 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)
- 0.3 cup chives fresh chopped
- 12 hardboiled eggs unpeeled
- 0.5 cup mayonnaise
- 0.5 teaspoon pepper

- 0.5 cup potatoes dry mashed ()
- 0.5 teaspoon salt
- 0.5 cup cream sour
- 6 cups water hot

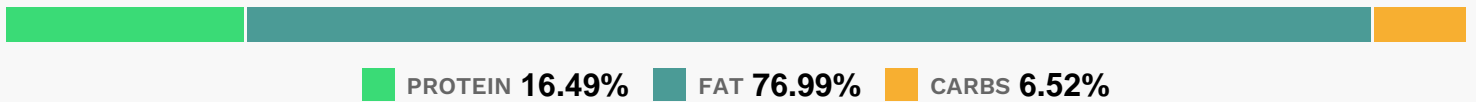
Equipment

- 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:20.9, Glycemic Load:1.17, Inflammation Score:-2, Nutrition Score:6.3008696566457%

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: 167.66kcal (8.38%), Fat: 14.16g (21.79%), Saturated Fat: 3.7g (23.11%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 2.46g (0.9%), Sugar: 1.03g (1.15%), Cholesterol: 196.07mg (65.36%), Sodium: 227.74mg (9.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.65%), Selenium: 16.01µg (22.87%), Vitamin K: 17.58µg (16.75%), Vitamin B2: 0.28mg (16.37%), Phosphorus: 101.05mg (10.1%), Vitamin B12: 0.59µg (9.77%), Vitamin B5: 0.78mg (7.77%), Vitamin D: 1.12µg (7.46%), Vitamin A: 362.68IU (7.25%), Folate: 25.33µg (6.33%), Vitamin E: 0.86mg (5.74%), Vitamin B6: 0.09mg (4.62%), Calcium: 41.4mg (4.14%), Zinc: 0.61mg (4.1%), Iron: 0.72mg (3.98%), Potassium: 119.1mg (3.4%), Vitamin B1: 0.04mg (2.91%), Vitamin C: 2.29mg (2.78%), Magnesium: 9.87mg (2.47%), Manganese: 0.05mg (2.42%), Copper: 0.04mg (2.05%)