



Georgia Peach Deviled Eggs

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon apple cider vinegar
- ☐ 0.3 cup country ham finely chopped
- ☐ 1 teaspoon dijon mustard
- ☐ 12 large eggs
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 cup greek yogurt fat-free
- ☐ 3 tablespoons peach preserves
- ☐ 24 servings peaches fresh sliced

- ☐ 24 servings pecans toasted chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vidalia onion grated

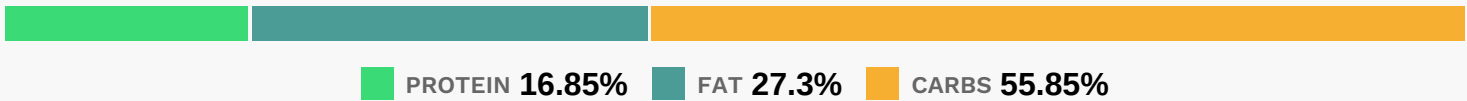
Equipment

- ☐ sauce pan

Directions

- ☐ Place eggs in a single layer in a stainless steel saucepan. (Do not use nonstick.)
- ☐ Add water to depth of 3 inches. Bring to a rolling boil; cook 1 minute. Cover, remove from heat, and let stand 10 minutes.
- ☐ Drain.
- ☐ Place eggs under cold running water until just cool enough to handle. Tap eggs on the counter until cracks form; peel.
- ☐ Slice eggs in half lengthwise, and carefully remove yolks. Mash together yolks, yogurt, and next 9 ingredients until smooth using a fork. Spoon yolk mixture into egg white halves. Top with sliced fresh peaches and chopped toasted pecans.
- ☐ Serve immediately, or cover and chill 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:10.05, Glycemic Load:6.13, Inflammation Score:-5, Nutrition Score:6.8165217586186%

Flavonoids

Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 7.45mg, Catechin: 7.45mg, Catechin: 7.45mg, Catechin: 7.45mg Epigallocatechin: 1.62mg, Epigallocatechin: 1.62mg, Epigallocatechin: 1.62mg, Epigallocatechin: 1.62mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Kaempferol: 0.33mg,

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 118.16kcal (5.91%), Fat: 3.77g (5.8%), Saturated Fat: 0.96g (6.03%), Carbohydrates: 17.34g (5.78%), Net Carbohydrates: 14.95g (5.44%), Sugar: 14.03g (15.59%), Cholesterol: 94.04mg (31.35%), Sodium: 88.63mg (3.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.47%), Selenium: 11.59µg (16.56%), Vitamin A: 638.97IU (12.78%), Vitamin B2: 0.18mg (10.31%), Fiber: 2.39g (9.58%), Phosphorus: 93.05mg (9.31%), Vitamin E: 1.38mg (9.22%), Vitamin C: 6.61mg (8.01%), Copper: 0.15mg (7.6%), Manganese: 0.15mg (7.46%), Vitamin K: 7.38µg (7.03%), Potassium: 233.4mg (6.67%), Vitamin B3: 1.32mg (6.58%), Vitamin B5: 0.64mg (6.39%), Iron: 1.02mg (5.64%), Folate: 21.79µg (5.45%), Zinc: 0.77mg (5.11%), Vitamin B6: 0.09mg (4.52%), Magnesium: 17.13mg (4.28%), Vitamin B1: 0.06mg (4.2%), Vitamin B12: 0.25µg (4.19%), Vitamin D: 0.51µg (3.4%), Calcium: 24.89mg (2.49%)