



Greek Deviled Eggs



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



24

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 10 olives diced black
- ☐ 12 eggs
- ☐ 0.8 cup feta cheese crumbled to taste
- ☐ 0.5 cup basil fresh chopped to taste
- ☐ 1 tablespoon ground pepper black to taste
- ☐ 0.8 cup mayonnaise
- ☐ 1 tomatoes diced

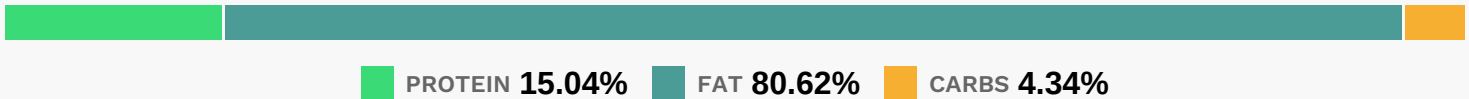
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ziploc bags

Directions

- ☐ Place eggs in a saucepan; cover with water. Bring to a boil, remove from heat, and let eggs stand in hot water for 15 minutes.
- ☐ Remove eggs from hot water, cool under cold running water, and peel.
- ☐ Cut each egg in half lengthwise; place egg yolks in a bowl. Mash yolks with a fork.
- ☐ Stir mayonnaise, feta cheese, basil, tomato, black olives, and balsamic vinegar together in a bowl; stir in mashed yolks. Spoon yolk mixture into a resealable plastic bag; snip off one corner of the bag.
- ☐ Place egg whites cut-side up on a serving platter. Pipe yolk mixture into egg whites. Season deviled eggs with black pepper; garnish with additional chopped basil and crumbled feta cheese.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:3.7526086905728%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 96.74kcal (4.84%), Fat: 8.61g (13.25%), Saturated Fat: 2.17g (13.56%), Carbohydrates: 1.04g (0.35%), Net Carbohydrates: 0.86g (0.31%), Sugar: 0.47g (0.52%), Cholesterol: 88.95mg (29.65%), Sodium: 155.76mg (6.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.23%), Vitamin K: 14.47µg (13.78%), Selenium: 7.65µg (10.92%), Vitamin B2: 0.14mg (8.43%), Phosphorus: 63.05mg (6.31%), Vitamin B12: 0.28µg (4.72%), Vitamin A:

220.12IU (4.4%), Vitamin B5: 0.4mg (4.04%), Calcium: 39.72mg (3.97%), Vitamin E: 0.57mg (3.78%), Folate: 13.39µg (3.35%), Vitamin B6: 0.06mg (3.2%), Vitamin D: 0.47µg (3.15%), Zinc: 0.45mg (2.98%), Iron: 0.5mg (2.79%), Manganese: 0.05mg (2.66%), Potassium: 53.8mg (1.54%), Copper: 0.03mg (1.46%), Magnesium: 5.26mg (1.31%), Vitamin B1: 0.02mg (1.29%)