



Greek Yogurt Deviled Eggs



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



1

CALORIES



1034 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tbsp chives finely chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 12 large hardboiled eggs peeled
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.5 cup greek yogurt low-fat
- ☐ 2 tbsp spring onion finely chopped
- ☐ 2 tbsp spring onion finely chopped

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Cut eggs in half lengthwise and pop yolks into a food processor; reserve whites.
- ☐ Add yogurt and salt to food processor and whirl until smooth, scraping down bowl as needed.
- ☐ Transfer yolk mixture to a medium bowl and stir in mustard, 1 tbsp. chives, and 2 tbsp. onion to blend. Set egg whites on a platter, hollow side up. Scoop yolk mixture into a piping bag fitted with a star tip and pipe mixture into hollows.
- ☐ Sprinkle with more chives and onion if you like.
- ☐ *For perfect hard-cooked eggs, cover them in cold water in a small saucepan and bring to a boil.
- ☐ Remove from heat and let stand 12 minutes. Plunge cooked eggs into ice water, crack all over, and let sit in the water for a few minutes before peeling. Look for spring onions (regular onions picked young) at farmers' markets in spring and at Latino markets year-round. They have a fatter bulb than green onions--which have less crunch but make a good substitute.
- ☐ Make It Your Own
- ☐ Try these variations on the above eggs; just sub in for the Dijon, chives, and spring onion.
- ☐ PESTO: Substitute 3 to 5 tbsp. pesto.
- ☐ Garnish with tiny basil leaves.
- ☐ HONEY-MUSTARD: Substitute 2 tbsp. honey mustard, 2 tbsp. chopped fresh dill, and 1 tsp. lemon juice.
- ☐ Garnish with rosemary blossoms.
- ☐ CAPER-HOT PAPRIKA: Substitute 2 tbsp. chopped capers, 1/2 tsp. hot paprika, and 2 tbsp. chopped parsley.
- ☐ Garnish with parsley leaves, whole capers, and a dusting of hot paprika.

Nutrition Facts



 **PROTEIN 34.97%**  **FAT 59.49%**  **CARBS 5.54%**

Properties

Glycemic Index:141, Glycemic Load:0.44, Inflammation Score:-8, Nutrition Score:47.431304382241%

Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 1033.61kcal (51.68%), Fat: 66.49g (102.3%), Saturated Fat: 21.01g (131.3%), Carbohydrates: 13.93g (4.64%), Net Carbohydrates: 12.58g (4.58%), Sugar: 12.07g (13.41%), Cholesterol: 2244.55mg (748.18%), Sodium: 2703.37mg (117.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 87.95g (175.91%), Selenium: 190.08µg (271.54%), Vitamin B2: 3.11mg (182.97%), Vitamin B12: 6.66µg (111%), Phosphorus: 1058.82mg (105.88%), Vitamin D: 13.2µg (88%), Vitamin B5: 8.46mg (84.61%), Vitamin A: 3566.06IU (71.32%), Folate: 283.56µg (70.89%), Vitamin K: 58.1µg (55.33%), Calcium: 462.78mg (46.28%), Zinc: 6.51mg (43.41%), Iron: 7.8mg (43.31%), Vitamin E: 6.37mg (42.47%), Vitamin B6: 0.76mg (37.76%), Vitamin B1: 0.44mg (29.33%), Potassium: 853.98mg (24.4%), Magnesium: 73.31mg (18.33%), Manganese: 0.27mg (13.63%), Vitamin C: 6.32mg (7.65%), Copper: 0.12mg (5.75%), Fiber: 1.34g (5.38%), Vitamin B3: 0.61mg (3.07%)