



Lighter Southern Deviled Eggs

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon cayenne pepper
- 2 teaspoons dijon mustard
- 12 large eggs
- 2 tablespoons mayonnaise
- 1 tablespoon paprika brine from pickled okra smoked such as rick's picks smokra
- 3 tablespoons pickled okra such as rick's picks smokra sliced for garnish,
- 0.3 cup toppings: such as pickles such as rick's picks low sodium classic sours chopped
- 0.3 cup nonfat yogurt plain greek-style

0.3 teaspoon paprika spice blend such as paula deen's

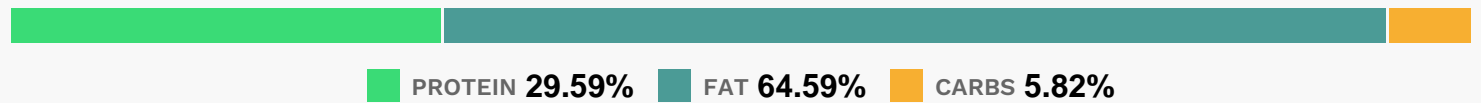
Equipment

- bowl
- sauce pan
- plastic wrap

Directions

- Watch how to make this recipe.
- Place the eggs in a single layer in a saucepan with enough cold water to cover; bring to a boil over high heat. Immediately remove from the heat. Cover and let stand 15 minutes.
- Drain, and then run under cold running water.
- Peel the eggs and halve lengthwise.
- Remove the yolks and add to a bowl.
- Add the yogurt, pickles, mayonnaise, mustard, cayenne, paprika spice blend and brine, and mix thoroughly.
- Spoon the mixture into the egg white halves.
- Place the eggs on a plate, garnish with the pickled okra, cover loosely with plastic wrap and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:5.7586956205575%

Flavonoids

Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 93.12kcal (4.66%), Fat: 6.57g (10.11%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 1.33g (0.44%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.72g (0.8%), Cholesterol: 187.08mg (62.36%), Sodium: 123.37mg (5.36%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.55%), Selenium: 15.91µg (22.73%), Vitamin B2: 0.25mg (14.53%), Phosphorus: 112.16mg (11.22%), Vitamin B5: 0.82mg (8.2%), Vitamin B12: 0.48µg (7.98%), Folate: 27.77µg (6.94%), Vitamin D: 1µg (6.7%), Vitamin A: 332.29IU (6.65%), Vitamin K: 6.69µg (6.37%), Iron: 0.98mg (5.42%), Vitamin B6: 0.1mg (5.11%), Zinc: 0.74mg (4.93%), Calcium: 46.22mg (4.62%), Vitamin E: 0.65mg (4.35%), Manganese: 0.06mg (3.2%), Potassium: 103.94mg (2.97%), Magnesium: 10.75mg (2.69%), Vitamin B1: 0.04mg (2.39%), Copper: 0.04mg (2.24%), Vitamin C: 1.28mg (1.55%), Fiber: 0.28g (1.11%)