



Simply Deviled Eggs

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



1

CALORIES



903 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon dijon mustard
- 12 large eggs
- 1 tablespoon parsley fresh chopped
- 0.3 cup greek yogurt fat-free
- 0.1 teaspoon salt

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 4 ingredients until smooth using a fork. Spoon yolk mixture into egg white halves.
- Serve immediately, or cover and chill 1 hour before serving.
- 5 New Favorites
- Try these innovative stir-ins to make your own signature deviled eggs. Prepare recipe as directed, stirring one of the following delicious combos into yolk mixture (Step 3).
- Creole Shrimp: 1/2 cup finely chopped cooked shrimp, 3 Tbsp. sauted chopped green bell pepper, 1 minced green onion, 1/4 tsp. Creole seasoning, 1/4 tsp. hot sauce. Top with cooked shrimp.
- Texas Caviar: 3 Tbsp. chopped roasted red bell pepper, 1 minced green onion, 1 Tbsp. minced pickled jalapeo pepper, 1 Tbsp. chopped fresh cilantro, 1 tsp. Italian dressing mix. Top with canned black-eyed peas and fresh cilantro leaves.
- High Society: 1/2 cup cooked fresh lump crabmeat, 2 tsp. fresh tarragon, 1/2 tsp. lemon zest, 1/4 tsp. pepper. Top with cooked fresh crabmeat and watercress.
- Georgia Peach: 3 Tbsp. peach preserves, 1/4 cup finely chopped country ham, 1 tsp. grated Vidalia onion, 1/2 tsp. apple cider vinegar, 1/4 tsp. pepper. Top with sliced fresh peaches and chopped toasted pecans.
- Triple Pickle: 3 Tbsp. chopped bread-and-butter pickles, 2 Tbsp. chopped capers. Top with pickled okra slices.

Nutrition Facts

  

 **PROTEIN 37.73%**  **FAT 58.96%**  **CARBS 3.31%**

Properties

Glycemic Index:64, Glycemic Load:0.05, Inflammation Score:-8, Nutrition Score:49.697391304348%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 903.16kcal (45.16%), Fat: 57.51g (88.47%), Saturated Fat: 18.87g (117.94%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 6.92g (2.52%), Sugar: 4.51g (5.01%), Cholesterol: 2235.33mg (745.11%), Sodium: 1223.93mg (53.21%), Protein: 82.8g (165.6%), Selenium: 192.5µg (275.01%), Vitamin B2: 2.94mg (172.74%), Phosphorus: 1286.39mg (128.64%), Vitamin B12: 5.81µg (96.78%), Vitamin B5: 9.45mg (94.5%), Vitamin D: 12µg (80%), Folate: 293.1µg (73.27%), Vitamin A: 3583.18IU (71.66%), Vitamin K: 67.47µg (64.26%), Iron: 10.88mg (60.43%), Zinc: 8.17mg (54.46%), Vitamin B6: 1.07mg (53.49%), Vitamin E: 6.35mg (42.36%), Calcium: 418.85mg (41.88%), Potassium: 951.72mg (27.19%), Copper: 0.45mg (22.66%), Magnesium: 83.74mg (20.94%), Vitamin B1: 0.27mg (17.84%), Manganese: 0.2mg (10.1%), Vitamin C: 5.34mg (6.47%), Vitamin B3: 0.67mg (3.36%), Fiber: 0.35g (1.39%)