



WHATSheATE



Sour Cream, Lemon, and Herb Deviled Eggs



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon ground pepper
- ☐ 0.8 teaspoon dijon mustard
- ☐ 12 servings parsley fresh chopped
- ☐ 6 hardboiled eggs
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 1.5 tablespoons mayonnaise
- ☐ 3 tablespoons cream sour

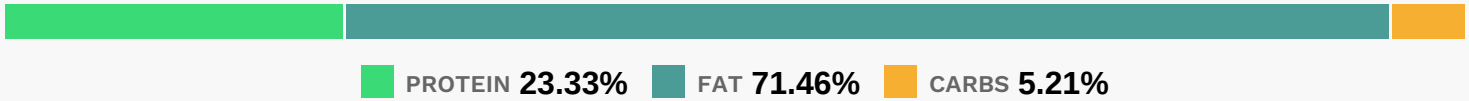
Equipment

☐ bowl

Directions

- ☐ Shell eggs, then cut in half lengthwise.
- ☐ Transfer yolks to small bowl and mash with fork.
- ☐ Mix in sour cream, mayonnaise, and mustard. Stir in lemon peel, lemon juice, and cayenne pepper. Season generously with salt and pepper.
- ☐ Spoon yolk mixture into whites.
- ☐ Sprinkle generously with chopped parsley or thyme. (Can be made 4 hours ahead. Cover loosely and refrigerate.)

Nutrition Facts



Properties

Glycemic Index:12.17, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:6.1430435854456%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 58.42kcal (2.92%), Fat: 4.59g (7.06%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 0.75g (0.25%), Net Carbohydrates: 0.6g (0.22%), Sugar: 0.45g (0.5%), Cholesterol: 95.75mg (31.92%), Sodium: 48.73mg (2.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Vitamin K: 68.59µg (65.33%), Selenium: 7.96µg (11.38%), Vitamin A: 495.72IU (9.91%), Vitamin B2: 0.14mg (8.12%), Vitamin C: 5.61mg (6.8%), Phosphorus: 48.42mg (4.84%), Vitamin B12: 0.29µg (4.76%), Folate: 17.52µg (4.38%), Vitamin B5: 0.38mg (3.8%), Vitamin D: 0.55µg (3.69%), Iron: 0.56mg (3.1%), Vitamin E: 0.36mg (2.43%), Calcium: 21.46mg (2.15%), Zinc: 0.32mg (2.14%), Vitamin B6: 0.04mg (1.81%), Potassium: 59.29mg (1.69%), Vitamin B1: 0.02mg (1.43%), Magnesium: 5.04mg (1.26%)