



WHATSheATE



Sour Cream, Lemon, and Herb Deviled Eggs



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon cayenne pepper
- ☐ 0.8 teaspoon dijon mustard
- ☐ 12 servings parsley fresh chopped
- ☐ 6 hardboiled eggs
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 1.5 teaspoons lemon zest finely grated
- ☐ 1.5 tablespoons mayonnaise
- ☐ 3 tablespoons cup heavy whipping cream sour

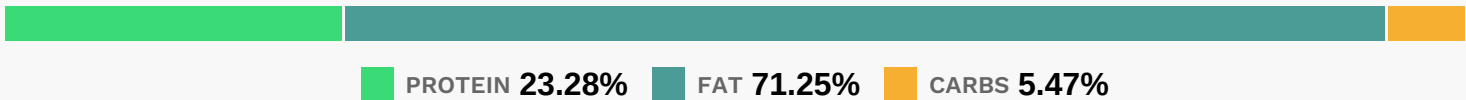
Equipment

☐ 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:6.1717392491258%

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: 58.54kcal (2.93%), Fat: 4.59g (7.06%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 0.79g (0.26%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.46g (0.51%), Cholesterol: 95.75mg (31.92%), Sodium: 48.75mg (2.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.75%), Vitamin K: 68.59µg (65.33%), Selenium: 7.97µg (11.38%), Vitamin A: 495.84IU (9.92%), Vitamin B2: 0.14mg (8.13%), Vitamin C: 5.93mg (7.19%), Phosphorus: 48.45mg (4.84%), Vitamin B12: 0.29µg (4.76%), Folate: 17.55µg (4.39%), Vitamin B5: 0.38mg (3.81%), Vitamin D: 0.55µg (3.69%), Iron: 0.56mg (3.11%), Vitamin E: 0.37mg (2.43%), Calcium: 21.79mg (2.18%), Zinc: 0.32mg (2.14%), Vitamin B6: 0.04mg (1.83%), Potassium: 59.69mg (1.71%), Vitamin B1: 0.02mg (1.44%), Magnesium: 5.07mg (1.27%)