



Texas Caviar Deviled Eggs



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 servings black-eyed peas canned
- ☐ 1 teaspoon dijon mustard
- ☐ 12 large eggs
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 24 servings cilantro leaves fresh
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 cup greek yogurt fat-free
- ☐ 1 green onion minced

- ☐ 1 tablespoon pickled jalapeño pepper minced
- ☐ 1 teaspoon dressing mix italian
- ☐ 3 tablespoons roasted bell pepper red chopped
- ☐ 0.1 teaspoon salt

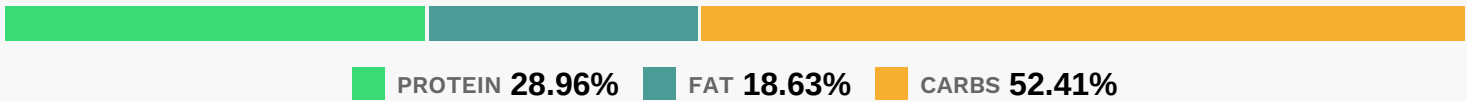
Equipment

- ☐ 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 9 ingredients until smooth using a fork. Spoon yolk mixture into egg white halves. Top with black-eyed peas and fresh cilantro leaves.
- ☐ Serve immediately, or cover and chill 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:9.71, Glycemic Load:5.05, Inflammation Score:-5, Nutrition Score:10.824782672136%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 138.49kcal (6.92%), Fat: 2.9g (4.46%), Saturated Fat: 0.91g (5.7%), Carbohydrates: 18.33g (6.11%), Net Carbohydrates: 12.67g (4.61%), Sugar: 3.08g (3.42%), Cholesterol: 93.14mg (31.05%), Sodium: 81.55mg (3.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.13g (20.26%), Folate: 191.95µg (47.99%), Fiber: 5.66g (22.64%), Manganese: 0.42mg (21.09%), Phosphorus: 188.56mg (18.86%), Iron: 2.64mg (14.66%), Selenium: 10.19µg (14.55%), Copper: 0.25mg (12.64%), Vitamin B1: 0.19mg (12.4%), Magnesium: 49.5mg (12.38%), Vitamin B2: 0.17mg (10.07%), Zinc: 1.46mg (9.71%), Potassium: 285.11mg (8.15%), Vitamin B5: 0.75mg (7.51%), Vitamin B6: 0.14mg (6.85%), Vitamin K: 5.88µg (5.6%), Vitamin B12: 0.24µg (4.03%), Calcium: 39.38mg (3.94%), Vitamin A: 191.47IU (3.83%), Vitamin E: 0.54mg (3.58%), Vitamin D: 0.5µg (3.33%), Vitamin C: 2.29mg (2.78%), Vitamin B3: 0.48mg (2.38%)