

Healthy Deviled Eggs



Prep:

10 minutes

Total:

20 - 25 minutes

Makes:

24 appetizers; 8 servings, 3 per serving

Utensil:

1 ½ Qt./1.4 L Sauce Pan with Cover
medium mixing bowl

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Recipe:

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10 - whole eggs
12
¼ cup
light mayonnaise
(60
g)
¼ cup
greek yogurt
(60
g)
1 teaspoon
Dijon mustard
(3
g)
1 teaspoon
chopped chives or scallions
(1
g)
1 teaspoon
red wine vinegar
(5
ml)
paprika (smoked or sweet), to taste

Directions:

1. Layer pan with wet paper towel. Place eggs in pan and set to medium heat and cover.
2. When Vapo-Valve™ clicks steadily, reduce heat to low. Cook for 15 minutes or until yolks are done.
3. Peel eggs and slice in half with knife. Remove yolks and mash in a bowl.
4. Add remaining ingredients to mashed yolks and combine until smooth.
5. Use spoon or piping bag to place mixture in egg whites.

Garnish with paprika and serve cold.

Nutritional Information per

▼ Serving

Calories: 155
Total Fat: 11g
Saturated Fat: 3g
Cholesterol: 321mg
Sodium: 184mg
Total 2g
Carbs:
Dietary Fiber: 0g
Sugar: 1g
Protein: 12g
