

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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10 -

12

whole eggs

¹?₄

cup

light mayonnaise

(60

g)

¹?₄

cup

greek yogurt

(60

g)

1

teaspoon

Dijon mustard

(3

g)

1

teaspoon
chopped chives or scallions
(1
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 Carbs:

2g

Dietary Fiber:

0g

Sugar:

1g

Protein:

12g