

# Deviled Eggs II

Chobani Greek Yogurt

## Servings: 12

6 large eggs  
6 tablespoons plain Chobani Greek yogurt  
1 tablespoon light mayonnaise  
1 teaspoon Kosher salt  
1 scallion, finely chopped  
2 teaspoons brine-packed capers (optional), rinsed and roughly chopped  
sweet paprika

Boil the eggs in a large pot for 10 minutes. Use a slotted spoon to transfer the eggs to a large bowl and place under cold running water to cool.

Once cool enough to handle, peel the eggs. Slice them in half and place the yolks in a medium bowl.

Use a fork to mash and break up the yolks. Stir in the yogurt, mayonnaise and salt, stirring until smooth. Add the scallion and capers. Stir to combine.

Pipe the filling into each egg half. Sprinkle with paprika.

*Tip: Place the filling in a resealable plastic bag and cut off one corner. The filling can then be piped into the egg centers.*

Per Serving (excluding unknown items): 40 Calories; 3g Fat (62.6% calories from fat); 3g Protein; trace Carbohydrate; trace Dietary Fiber; 106mg Cholesterol; 198mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	40
% Calories from Fat:	62.6%
% Calories from Carbohydrates:	5.0%
% Calories from Protein:	32.4%
Total Fat (g):	3g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	106mg
Carbohydrate (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	13mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

## Food Exchanges

**Dietary Fiber (g):** trace  
**Protein (g):** 3g  
**Sodium (mg):** 198mg  
**Potassium (mg):** 37mg  
**Calcium (mg):** 14mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 127IU  
**Vitamin A (r.e.):** 35 1/2RE

**Grain (Starch):** 0  
**Lean Meat:** 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 12

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### Amount Per Serving

**Calories** 40                      **Calories from Fat:** 25

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#### % Daily Values\*

<b>Total Fat</b>	3g	4%
Saturated Fat	1g	4%
<b>Cholesterol</b>	106mg	35%
<b>Sodium</b>	198mg	8%
<b>Total Carbohydrates</b>	trace	0%
Dietary Fiber	trace	0%
<b>Protein</b>	3g	

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<b>Vitamin A</b>	3%
<b>Vitamin C</b>	0%
<b>Calcium</b>	1%
<b>Iron</b>	3%

*\* Percent Daily Values are based on a 2000 calorie diet.*