

# Greek Deviled Eggs

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## Servings: 24

12 large eggs  
1/2 cup Greek yogurt  
1 tablespoon relish  
2 teaspoons chopped dill  
1 teaspoon Dijon mustard  
dash hot sauce  
salt and pepper (to taste)

In a wide pot, place the eggs and cover with cold water by one inch. Bring to a boil. Reduce the heat to medium low and simmer for 10 minutes.

Drain the eggs and run under cold water to cool slightly. Peel and halve each egg lengthwise.

Scoop out the yolks and place in a large bowl. Mash the yolks.

Add the Greek yogurt, relish, dill, mustard, hot sauce, salt and pepper. Mix well.

Spoon into the egg whites.

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Per Serving (excluding unknown items): 38 Calories; 2g Fat (61.0% calories from fat); 3g Protein; trace Carbohydrate; trace Dietary Fiber; 106mg Cholesterol; 43mg Sodium. Exchanges: 1/2 Lean Meat; 0 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	38
% Calories from Fat:	61.0%
% Calories from Carbohydrates:	4.7%
% Calories from Protein:	34.3%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	106mg
Carbohydrate (g):	trace
Dietary Fiber (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	12mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
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**Protein (g):** 3g  
**Sodium (mg):** 43mg  
**Potassium (mg):** 34mg  
**Calcium (mg):** 13mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 123IU  
**Vitamin A (r.e.):** 35RE

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

## Nutrition Facts

Servings per Recipe: 24

### Amount Per Serving

**Calories** 38 Calories from Fat: 23

#### % Daily Values\*

<b>Total Fat</b>	2g	4%
	Saturated Fat 1g	4%
<b>Cholesterol</b>	106mg	35%
<b>Sodium</b>	43mg	2%
<b>Total Carbohydrates</b>	trace	0%
	Dietary Fiber trace	0%
<b>Protein</b>	3g	
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<b>Vitamin A</b>		2%
<b>Vitamin C</b>		0%
<b>Calcium</b>		1%
<b>Iron</b>		3%

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