

# Green Goddess Deviled Eggs

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## Servings: 24

12 large eggs

1 avocado

1/4 cup mayonnaise

2 tablespoons parsley, chopped

2 tablespoons tarragon, chopped

2 tablespoons chives, chopped

1 teaspoon Dijon mustard

salt and pepper (to taste)

chopped parsley (for garnish)

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.

Add the avocado, mayonnaise, parsley, tarragon, chives, mustard, salt and pepper. Mash together.

Spoon into the egg whites. Garnish with more chopped parsley.

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Per Serving (excluding unknown items): 68 Calories; 6g Fat (74.2% calories from fat); 3g Protein; 1g Carbohydrate; trace Dietary Fiber; 107mg Cholesterol; 52mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

## Appetizers

### Per Serving Nutritional Analysis

Calories (kcal):	68
% Calories from Fat:	74.2%
% Calories from Carbohydrates:	6.1%
% Calories from Protein:	19.8%
Total Fat (g):	6g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	107mg
Carbohydrate (g):	1g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	19mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0%

### Food Exchanges

**Dietary Fiber (g):** trace  
**Protein (g):** 3g  
**Sodium (mg):** 52mg  
**Potassium (mg):** 99mg  
**Calcium (mg):** 20mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 224IU  
**Vitamin A (r.e.):** 46RE

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

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## Nutrition Facts

Servings per Recipe: 24

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### Amount Per Serving

**Calories** 68 Calories from Fat: 51

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#### % Daily Values\*

<b>Total Fat</b>	6g	9%
Saturated Fat	1g	6%
<b>Cholesterol</b>	107mg	36%
<b>Sodium</b>	52mg	2%
<b>Total Carbohydrates</b>	1g	0%
Dietary Fiber	trace	1%
<b>Protein</b>	3g	

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<b>Vitamin A</b>	4%
<b>Vitamin C</b>	2%
<b>Calcium</b>	2%
<b>Iron</b>	4%

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