

Moroccan Deviled Eggs

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Servings: 24

12 large eggs
2 tablespoons olive oil
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon grated garlic
1/4 cup Greek yogurt
1/4 cup mayonnaise
1 to 2 tablespoons hot chile sauce
salt and pepper (to taste)
chopped cilantro (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. Mash the yolks.

In a skillet over medium heat, heat for 2 minutes the olive oil with the cumin, coriander and garlic.

Add the spice mixture, Greek yogurt, mayonnaise, hot chile sauce, salt and pepper to the yolks. Mix well.

Spoon into the egg whites. Garnish with cilantro.

Per Serving (excluding unknown items): 64 Calories; 6g Fat (78.4% calories from fat); 3g Protein; trace Carbohydrate; trace Dietary Fiber; 107mg Cholesterol; 48mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	64	Vitamin B6 (mg):	trace
% Calories from Fat:	78.4%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	1.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	19.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	6g	Folacin (mcg):	12mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 1g
Cholesterol (mg): 107mg
Carbohydrate (g): trace
Dietary Fiber (g): trace
Protein (g): 3g
Sodium (mg): 48mg
Potassium (mg): 37mg
Calcium (mg): 15mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 129IU
Vitamin A (r.e.): 36 1/2RE

Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving

Calories 64 **Calories from Fat:** 50

% Daily Values*

Total Fat	6g	9%
Saturated Fat	1g	6%
Cholesterol	107mg	36%
Sodium	48mg	2%
Total Carbohydrates	trace	0%
Dietary Fiber	trace	0%
Protein	3g	
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Vitamin A		3%
Vitamin C		0%
Calcium		1%
Iron		3%

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