

## Healthy Deviled Eggs



### Prep:

10 minutes

### Total:

20 - 25 minutes

### Sirve:

24 appetizers; 8 servings, 3 per serving

### Pieza:

1 ½ Qt./1.4 L Sauce Pan with Cover  
medium mixing bowl

**Valora:** ★★☆☆☆

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10 - whole eggs  
12  
¼ cup  
light mayonnaise

(60  
g)  
¼ 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

### Preparación :

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.

Información nutricional por ración

**Calorías:** 155

**Grasa Total:** 11g

**Grasa** 3g

**Saturada:**

**Colesterol:** 321mg

**Sodio:** 184mg

**Carbohidratos:** 2g

**Fibra** 0g

**Dietética:**

**Azúcar:** 1g

**Proteína:** 12g