



November 2- Deviled Eggs – Happy Egg Day!

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1093439>

Recipe

Ingredients:

- 6 eggs
- ¼ cup nonfat plain Greek Yogurt
- 2 teaspoon Dijon mustard
- 1/8 teaspoon salt
- ¼ teaspoon pepper
- Paprika (optional)

Directions:

1. Hard cook eggs. Cool. Peel and cut in half lengthwise.
2. Place the whites on a plate and the yolks in a bowl. Add the remaining ingredients (except paprika) to the yolks in the bowl.
3. Mash it all together. Put the mixture into the empty egg whites.
4. Top with paprika and enjoy.

Yields 12 servings

Nutrition Facts	
Serving Size 1/2 egg (30.66g)	
Servings Per Container 12	
Amount Per Serving	
Calories 40	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 95mg	31%
Sodium 80mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 4g	7%
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 2%
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	