

Deviled Eggs with Cucumber, Dill and Capers

Martha Stewart

AARP Magazine - October/November 2012

Yield: 16 egg halves

8 large eggs

1/4 cup nonfat Greek yogurt

1/2 teaspoon Dijon mustard

1/4 teaspoon freshly ground black pepper

1 tablespoon chopped fresh dill

2 tablespoons brine-packed capers, rinsed and chopped

1/2 (1/2 cup) English cucumber, peeled, seeded and diced

salt to taste (optional)

dill sprigs for garnish

Place the eggs in a saucepan. Add cold water to cover and bring to a boil. Cover and then remove from the heat. Let stand for 13 minutes. Transfer the eggs to an ice water bath until cool.

Peel the eggs and cut in half lengthwise. Transfer three yolks to a medium-size bowl. Mash the yolks with a fork until smooth. Reserve the remaining yolks for another use.

Stir in the yogurt, mustard, pepper, dill, capers and cucumber. Salt to taste. Spoon the filling into the egg whites.

Refrigerate until set.

Garnish with dill sprigs.

Per Serving (excluding unknown items): 599 Calories; 40g Fat (61.9% calories from fat); 51g Protein; 4g Carbohydrate; 1g Dietary Fiber; 1696mg Cholesterol; 592mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Lean Meat; 3 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	599	Vitamin B6 (mg):	.6mg
% Calories from Fat:	61.9%	Vitamin B12 (mcg):	5.2mcg
% Calories from Carbohydrates:	3.0%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	35.1%	Riboflavin B2 (mg):	1.9mg
Total Fat (g):	40g	Folicin (mcg):	192mcg

Saturated Fat (g): 12g
Monounsaturated Fat (g): 15g
Polyunsaturated Fat (g): 5g
Cholesterol (mg): 1696mg
Carbohydrate (g): 4g
Dietary Fiber (g): 1g
Protein (g): 51g
Sodium (mg): 592mg
Potassium (mg): 546mg
Calcium (mg): 212mg
Iron (mg): 8mg
Zinc (mg): 5mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 2028IU
Vitamin A (r.e.): 560RE

Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 6 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 3
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 599 **Calories from Fat:** 371

% Daily Values*

Total Fat 40g	61%
Saturated Fat 12g	62%
Cholesterol 1696mg	565%
Sodium 592mg	25%
Total Carbohydrates 4g	1%
Dietary Fiber 1g	2%
Protein 51g	
Vitamin A	41%
Vitamin C	3%
Calcium	21%
Iron	42%

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