

# Spring Pea Deviled Eggs

*Kohls.com*  
*Food Network Magazine*

## **Yield: 24 deviled eggs**

*12 large eggs*  
*1 cup + 2 tablespoons frozen peas, divided*  
*3 tablespoons extra-virgin olive oil*  
*2 tablespoons sour cream*  
*1 teaspoon fresh mint, chopped*  
*grated zest from 1-1/2 lemons*  
*Kosher salt*  
*24 small pretty mint leaves (for garnish)*

## **Preparation Time: 30 minutes**

Bring a large saucepan of water to a boil over high heat. Prepare a large bowl of ice water. Gently lower the eggs into the boiling water. Cook for 10 minutes. Drain the eggs and transfer to the ice water to cool completely.

Microwave the peas according to the package directions. Drain and let cool.

Peel the eggs. Halve lengthwise and remove the yolks from the whites. Set the whites aside on a plate.

In a food processor, blend the yolks and one cup of the peas until crumbly. Add the olive oil, sour cream, chopped mint, lemon zest, one teaspoon of salt and one tablespoon of water. Process until the mixture is smooth and light.

Spoon or pipe the yolk mixture back into the whites. Garnish each egg half with one of the remaining peas and a mint leaf.

Serve immediately or cover and refrigerate until ready to serve.

Start to Finish Time: 5 minutes

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Per Serving (excluding unknown items): 1364 Calories; 106g Fat (71.4% calories from fat); 80g Protein; 16g Carbohydrate; 4g Dietary Fiber; 2557mg Cholesterol; 937mg Sodium. Exchanges: 1/2 Grain(Starch); 9 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 14 Fat.

Appetizers

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	1364	<b>Vitamin B6 (mg):</b>	.9mg
<b>% Calories from Fat:</b>	71.4%	<b>Vitamin B12 (mcg):</b>	7.9mcg
<b>% Calories from Carbohydrates:</b>	4.7%	<b>Thiamin B1 (mg):</b>	.7mg
<b>% Calories from Protein:</b>	23.9%	<b>Riboflavin B2 (mg):</b>	3.0mg
<b>Total Fat (g):</b>	106g	<b>Folacin (mcg):</b>	331mcg
<b>Saturated Fat (g):</b>	28g	<b>Niacin (mg):</b>	2mg
<b>Monounsaturated Fat (g):</b>	54g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	12g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	2557mg	<b>% Refuse:</b>	n n%
<b>Carbohydrate (g):</b>	16g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	4g	<b>Grain (Starch):</b>	1/2
<b>Protein (g):</b>	80g	<b>Lean Meat:</b>	9 1/2
<b>Sodium (mg):</b>	937mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	961mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	365mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	13mg	<b>Fat:</b>	14
<b>Zinc (mg):</b>	7mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	13mg		
<b>Vitamin A (i.u.):</b>	3756IU		
<b>Vitamin A (r.e.):</b>	968 1/2RE		

**Nutrition Facts**

Amount Per Serving	
<b>Calories</b>	1364
	Calories from Fat: 973
% Daily Values*	
<b>Total Fat</b>	106g 164%
Saturated Fat	28g 139%
<b>Cholesterol</b>	2557mg 852%
<b>Sodium</b>	937mg 39%
<b>Total Carbohydrates</b>	16g 5%
Dietary Fiber	4g 14%
<b>Protein</b>	80g
<b>Vitamin A</b>	75%
<b>Vitamin C</b>	22%
<b>Calcium</b>	37%
<b>Iron</b>	70%

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