

Greek Yogurt Deviled Eggs

Yield: 8 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/deviled-eggs-greek-yogurt-recipe>

Ingredients:

- 8 hard boiled eggs peeled, follow this recipe for the perfect boiled egg
- 1/2 cup greek yogurt plain organic, we recommend Kalona Super Natural, may sub mayo
- 2 teaspoons yellow mustard
- 1 teaspoon coconut aminos or worcestershire
- 1/4 teaspoon garlic powder or minced garlic
- sea salt
- pepper
- paprika optional
- fresh parsley optional

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 215 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 7 grams
7. SaturatedFat: 2 grams
8. Sodium: 170 milligrams
9. Sugar: 1 grams

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