

Deviled Eggs with Greek Yogurt

Yield: 6 min
Total Time: 45 min

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

Ingredients:

- 6 large eggs
- 1/4 cup greek yogurt plain, low-fat
- 1 tablespoon capers roughly chopped
- 1 teaspoon Dijon mustard
- 1 teaspoon fresh lemon juice
- 1 tablespoon fresh tarragon chopped, dill, or chives, or a combination
- salt
- freshly ground pepper

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 215 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 7 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 250 milligrams
9. Sugar: 1 grams

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