

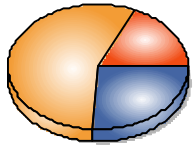


No Yolk Deviled Eggs

By: Better Deviled Eggs

Recipe grams: 416.73g/14.7oz

Serves 2 208.37g/7.3oz per serving



Protein: 35%
Carbohydrates: 32%
Fat: 33%

INGREDIENTS

4 large EGG WHITE, CHICKEN, RAW
3 oz TOFU, EXTRA FIRM, LIGHT
2 tbsp PARSLEY, DRIED
2 clove GARLIC, RAW
2 large CELERY, RAW
2 tsp MAYONNAISE, CANOLA
2 tsp MUSTARD, PREPARED, DIJON
2 tsp HORSERADISH, PREPARED
1/2 tsp HOT PEPPER SAUCE
2 tsp TURMERIC, GROUND
2 tbsp MAYONNAISE, NONFAT

DIRECTIONS

Combine all ingredients except tofu and egg whites in food processor and process until smooth. Add tofu and pulse until incorporated. Fill hard boiled egg halves

Nutrition Facts

Serving Size: 1 serving (208.4g)

Servings: 1

Amount Per Serving

Calories 130 Calories from Fat 45

% Daily Value*

Total Fat 4.5g **8%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 510mg **20%**

Total Carbohydrate 10g **4%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 11g

Vitamin A 8% • Vitamin C 10%

Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.