

Deviled Eggs



Serving Size

1



Skill Level

Easy



Diet Type

Dialysis

Ingredients

- 6 boiled eggs
- 2 tbsp sour cream
- 1/2 tsp dry mustard
- 1/2 tsp onion powder
- 1/4 tsp black pepper
- Garnish options:
 - 2 tbsp chives
 - 1/4 tsp paprika

Directions

1. Boil eggs for 12 minutes.
2. Remove shell once cooled.
3. Cut eggs lengthwise in half.
4. Remove egg yolks and place in a bowl.
5. Mix together sour cream, dry mustard, onion powder, and black pepper with yolks.
6. Place mixture back in eggs.
7. Garnish with your choice of paprika or chives.

Nutrition Facts

Serving: 1

Amount per serving

Calories 87

Sodium	63 mg
Potassium	77 mg
Phosphorus	92 mg
Carbohydrates	1 g
Protein	7 g



Pro Tip
Other Vegetable Ideas:
 Asparagus, Jalapeno,
 Kale, Zucchini, Bell
 Peppers, Okra