



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Simple Deviled Eggs

YMCA of Northern
Rock County

Servings: 1

Ingredients:

- 1 hard-boiled egg
- 2 teaspoons mayonnaise (avocado-oil mayo is best)
- Pinch of salt
- Pinch of black pepper
- Dash of paprika

Directions:

- Step 1 - Peel egg and cut in half lengthwise. Scoop out cooked yolk and put into a small bowl.
- Step 2 - To the yolk, add mayo, salt, and pepper.
Mash with a fork until all ingredients are combined and creamy.
- Step 3 - Fill each white egg cavity with half the folk mixture.
Sprinkle with a dash of paprika and serve.

Nutritional Information:

- Calories: 139
- Fat: 12.8g
- Carbs: 0.4g
- Protein: 6.3g



Photo Courtesy of
<https://www.thecountrycook.net/the-best-ever-deviled-eggs/>



This recipe is provided to you by Y
Personal Trainer, Kelly Jones

DID YOU KNOW?

Did you know that eggs contain all but one of the thirteen essential vitamins your body needs?

That's RIGHT! Eggs are like nature's multivitamin. They contain vitamins A, B1, B2, B3, B5, B6, B7, B9, B12, D, E, and K. The only essential vitamin they're missing is vitamin C.

Eggs have lived through an unsavory reputation because of their yolk's high cholesterol and come out on the other side proving themselves not to be the cause of raising blood cholesterol or contributing to heart disease.

Eggs are pretty much the perfect food and can be eaten for any meal or snack in a variety of different ways. One of the most popular is deviled eggs. You don't have to wait for a party or picnic to enjoy this wholesome recipe. Give them to your kids for an afternoon snack and they'll be good to go until supper.