



Bacon Guacamole Deviled Eggs



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



6

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large avocado mashed
- ☐ 1 pinch chili powder (for garnish)
- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 2 tablespoons bacon crumbled cooked
- ☐ 6 eggs cooled boiled peeled cut in half
- ☐ 1 tablespoon jalapeño diced finely
- ☐ 1 tablespoon juice of lime (-)
- ☐ 1 tablespoon onion diced red finely

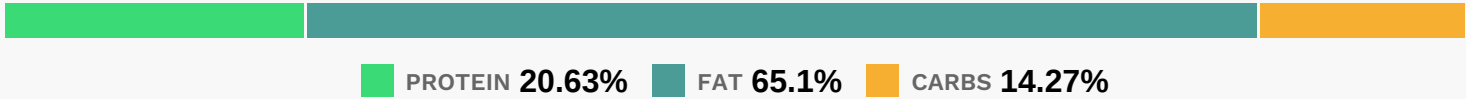
- ☐ 6 servings salt to taste
- ☐ 2 tablespoons tomatoes diced

Equipment

Directions

- ☐ Scoop the yolks out of the egg halves, mash them, mix with the avocado, bacon, jalapeno, onion, tomato, lime juice and cilantro and season with salt, pepper and cayenne.
- ☐ Place a tablespoon of the mixture back into the holes left by the yolks in the eggs and serve garnished with extra bacon and a pinch of chili powder.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.55, Inflammation Score:-7, Nutrition Score:9.524782533231%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 136.77kcal (6.84%), Fat: 10.3g (15.84%), Saturated Fat: 2.44g (15.26%), Carbohydrates: 5.08g (1.69%), Net Carbohydrates: 2.11g (0.77%), Sugar: 0.94g (1.04%), Cholesterol: 165.99mg (55.33%), Sodium: 105.37mg (4.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.34g (14.69%), Vitamin A: 1198.31IU (23.97%), Selenium: 15.03µg (21.47%), Vitamin B2: 0.27mg (16.01%), Folate: 51.96µg (12.99%), Vitamin E: 1.89mg (12.61%), Phosphorus: 122.2mg (12.22%), Vitamin B6: 0.24mg (12.01%), Fiber: 2.96g (11.85%), Vitamin B5: 1.18mg (11.84%), Vitamin C: 9.41mg (11.41%), Vitamin K: 9.87µg (9.4%), Potassium: 299.03mg (8.54%), Vitamin B12: 0.42µg (6.95%), Iron: 1.16mg (6.45%), Zinc: 0.92mg (6.14%), Vitamin D: 0.89µg (5.93%), Manganese: 0.11mg (5.58%), Copper: 0.11mg (5.55%), Vitamin B3: 1.1mg

(5.52%), Magnesium: 20.08mg (5.02%), Vitamin B1: 0.06mg (4.26%), Calcium: 33.5mg (3.35%)