



Chipotle Deviled Eggs

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



24

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 hardboiled eggs peeled
- 0.3 cup mayonnaise
- 2 tablespoons cream sour
- 1 chipotles in adobo chopped
- 0.3 cup onion red chopped
- 0.3 cup cilantro leaves chopped
- 1 serving salt and pepper to taste

Equipment

bowl

Directions

- Cut eggs lengthwise in half. Slip out yolks into small bowl; mash with fork.
- Stir mayonnaise, sour cream, chipotle pepper and onion into yolks until creamy. Fill whites with egg yolk mixture, heaping it lightly. Cover and refrigerate up to 24 hours.
- Just before serving, garnish with cilantro leaves.

Nutrition Facts

 **PROTEIN 22.7%**  **FAT 73.02%**  **CARBS 4.28%**

Properties

Glycemic Index:4.54, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.5547826273934%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 57.72kcal (2.89%), Fat: 4.59g (7.07%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 0.61g (0.2%), Net Carbohydrates: 0.51g (0.19%), Sugar: 0.44g (0.49%), Cholesterol: 94.82mg (31.61%), Sodium: 54.35mg (2.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.43%), Selenium: 7.8µg (11.14%), Vitamin B2: 0.13mg (7.71%), Vitamin B12: 0.28µg (4.71%), Phosphorus: 44.81mg (4.48%), Vitamin K: 4.42µg (4.21%), Vitamin D: 0.55µg (3.7%), Vitamin B5: 0.36mg (3.6%), Vitamin A: 149.06IU (2.98%), Folate: 11.6µg (2.9%), Vitamin E: 0.34mg (2.28%), Zinc: 0.27mg (1.82%), Iron: 0.32mg (1.8%), Vitamin B6: 0.03mg (1.65%), Calcium: 14.2mg (1.42%), Vitamin B1: 0.02mg (1.19%), Potassium: 36.52mg (1.04%)