



Chipotle Deviled Eggs



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons chipotles in adobo canned finely chopped
- ☐ 12 large eggs
- ☐ 24 cilantro leaves fresh
- ☐ 0.3 cup mayonnaise

Equipment

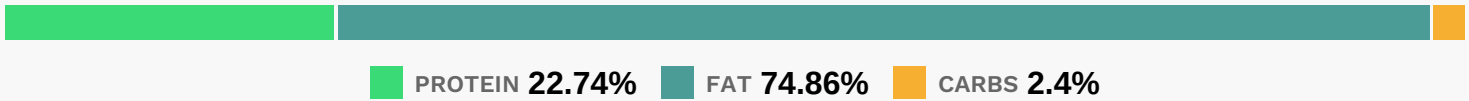
- ☐ bowl
- ☐ sauce pan
- ☐ pastry bag

☐ box grater

Directions

- ☐ Place eggs in large saucepan.
- ☐ Add enough cold water to cover. Bring to simmer over high heat. Reduce heat to low; simmer gently 5 minutes.
- ☐ Remove from heat, cover, and let stand 10 minutes.
- ☐ Drain eggs; cover with ice and water and let stand until cold.
- ☐ Peel eggs and cut in half lengthwise. Spoon yolks into small bowl; arrange whites on platter. Finely grate yolks on small holes of box grater into medium bowl.
- ☐ Mix in mayonnaise, then 2 teaspoons chopped chipotle chiles.
- ☐ Add more chopped chiles, if desired, for more heat. Season filling to taste with salt, if desired. Using pastry bag fitted with 1/2-inch-diameter star tip, pipe filling into egg whites. Cover and chill eggs at least 2 hours and up to 1 day. Press 1 cilantro leaf into filling in each egg and serve.

Nutrition Facts



Properties

Glycemic Index:3.42, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:3.1113043563521%

Flavonoids

Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 57.64kcal (2.88%), Fat: 4.72g (7.25%), Saturated Fat: 1.15g (7.17%), Carbohydrates: 0.34g (0.11%), Net Carbohydrates: 0.24g (0.09%), Sugar: 0.16g (0.17%), Cholesterol: 94.31mg (31.44%), Sodium: 56.18mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Selenium: 7.76µg (11.09%), Vitamin K: 11.35µg (10.81%), Vitamin B2: 0.12mg (6.95%), Vitamin A: 272IU (5.44%), Phosphorus: 51.11mg (5.11%), Vitamin B5: 0.4mg (4%), Vitamin B12: 0.23µg (3.77%), Vitamin D: 0.51µg (3.37%), Folate: 13.15µg (3.29%), Vitamin E: 0.41mg (2.76%), Iron: 0.49mg (2.72%), Vitamin B6: 0.05mg (2.29%), Zinc: 0.34mg (2.25%), Calcium: 15.59mg (1.56%), Potassium: 45.54mg (1.3%), Copper: 0.02mg (1.15%)