



Chorizo and Egg Toppers

 Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



212 kcal

SIDE DISH

Ingredients

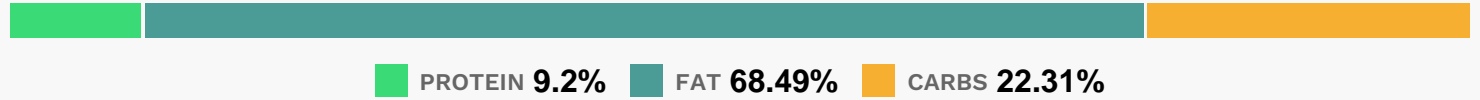
- 0.3 cup mexican chorizo cooked drained chopped
- 2 hard-cooked eggs chopped
- 0.3 cup real mayo mayonnaise kraft
- 30 ritz crackers
- 0.3 tsp each: salt and pepper

Equipment

Directions

- Mix eggs, chorizo and mayo until well blended. Season with salt and pepper.
- Spread about 1-1/2 tsp. of the egg mixture onto each cracker just before serving.

Nutrition Facts



Properties

Glycemic Index:15.6, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:5.0839131293089%

Nutrients (% of daily need)

Calories: 211.86kcal (10.59%), Fat: 15.99g (24.6%), Saturated Fat: 3.45g (21.56%), Carbohydrates: 11.72g (3.91%), Net Carbohydrates: 11.31g (4.11%), Sugar: 1.75g (1.95%), Cholesterol: 82.84mg (27.61%), Sodium: 371.01mg (16.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.67%), Vitamin K: 27.32µg (26.02%), Selenium: 7.25µg (10.35%), Vitamin B2: 0.15mg (8.97%), Phosphorus: 85.89mg (8.59%), Vitamin E: 1.2mg (8.01%), Iron: 1.18mg (6.53%), Vitamin B1: 0.09mg (6.26%), Folate: 22.32µg (5.58%), Manganese: 0.1mg (5.17%), Vitamin B3: 0.89mg (4.46%), Vitamin B12: 0.24µg (3.92%), Calcium: 38.69mg (3.87%), Vitamin B5: 0.37mg (3.65%), Vitamin D: 0.46µg (3.08%), Vitamin A: 131.46IU (2.63%), Zinc: 0.34mg (2.25%), Vitamin B6: 0.04mg (1.79%), Fiber: 0.41g (1.66%), Potassium: 48.88mg (1.4%), Magnesium: 5.53mg (1.38%), Copper: 0.03mg (1.36%)