



Creamy Guacamole-Stuffed Eggs

 Vegetarian  Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



103 kcal

SIDE DISH

Ingredients

- 0.5 large fully avocado ripe
- 12 cilantro leaves
- 6 hard-cooked eggs
- 2 tsp juice of lime
- 0.3 cup real mayo mayonnaise kraft
- 1 small jalapeño pepper seeded finely chopped
- 24 wheat snack crackers thin

Equipment

food processor

Directions

Cut eggs in half lengthwise.

Remove yolks; process in food processor with avocado, juice and mayo until smooth.

Stir in peppers; spoon into egg whites.

Insert crackers into filling; top with cilantro. Keep refrigerated.

Nutrition Facts

 **PROTEIN 14.25%**  **FAT 70.15%**  **CARBS 15.6%**

Properties

Glycemic Index:12.83, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:4.0165216534034%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 102.6kcal (5.13%), Fat: 8.03g (12.35%), Saturated Fat: 1.67g (10.44%), Carbohydrates: 4.02g (1.34%), Net Carbohydrates: 3.12g (1.13%), Sugar: 0.9g (1%), Cholesterol: 95.21mg (31.74%), Sodium: 91.45mg (3.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Vitamin K: 15.78µg (15.03%), Selenium: 7.86µg (11.23%), Vitamin B2: 0.14mg (8.44%), Vitamin A: 281.09IU (5.62%), Phosphorus: 49.54mg (4.95%), Vitamin B5: 0.49mg (4.87%), Folate: 19.35µg (4.84%), Vitamin B12: 0.28µg (4.72%), Vitamin E: 0.64mg (4.24%), Vitamin D: 0.56µg (3.73%), Fiber: 0.9g (3.59%), Vitamin B6: 0.06mg (2.78%), Iron: 0.49mg (2.73%), Potassium: 85.55mg (2.44%), Zinc: 0.33mg (2.23%), Vitamin C: 1.63mg (1.97%), Manganese: 0.04mg (1.9%), Calcium: 18.1mg (1.81%), Vitamin B1: 0.02mg (1.61%), Magnesium: 5.7mg (1.43%), Copper: 0.03mg (1.29%)