

Deviled Avocados

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



193 kcal

SIDE DISH

Ingredients

- 3 avocados pitted halved
- 0.3 teaspoon cayenne pepper
- 1.5 teaspoons garlic minced
- 6 servings salt and ground pepper black to taste
- 2 hardboiled eggs peeled
- 0.5 teaspoon juice of lime
- 0.5 onion diced
- 0.5 teaspoon paprika smoked

Equipment

- bowl
- potato masher

Directions

- Scoop avocado meat into a bowl, reserving skins. Mash eggs into avocado using a fork or potato masher. Stir onion, garlic, lime juice, paprika, cayenne pepper, salt, and black pepper into avocado mixture. Fill avocado skins with avocado mixture.

Nutrition Facts

PROTEIN 8.31% **FAT 72.17%** **CARBS 19.52%**

Properties

Glycemic Index:29.33, Glycemic Load:1.02, Inflammation Score:-5, Nutrition Score:10.643043528432%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 192.51kcal (9.63%), Fat: 16.59g (25.53%), Saturated Fat: 2.7g (16.86%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 3.09g (1.12%), Sugar: 1.28g (1.42%), Cholesterol: 62.17mg (20.72%), Sodium: 28.36mg (1.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.6%), Fiber: 7.01g (28.05%), Folate: 90.73µg (22.68%), Vitamin K: 21.57µg (20.54%), Vitamin B5: 1.65mg (16.51%), Vitamin E: 2.33mg (15.53%), Vitamin B6: 0.3mg (15.24%), Potassium: 532.11mg (15.2%), Vitamin C: 11.15mg (13.52%), Vitamin B2: 0.22mg (13.09%), Copper: 0.2mg (10.09%), Manganese: 0.19mg (9.43%), Vitamin B3: 1.8mg (9.01%), Phosphorus: 85.72mg (8.57%), Selenium: 5.71µg (8.16%), Magnesium: 32.54mg (8.14%), Vitamin A: 351.17IU (7.02%), Zinc: 0.85mg (5.69%), Vitamin B1: 0.09mg (5.67%), Iron: 0.83mg (4.64%), Vitamin B12: 0.19µg (3.08%), Calcium: 24.87mg (2.49%), Vitamin D: 0.37µg (2.44%)