



Deviled Cucumber Cups

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



42 kcal

SIDE DISH

Ingredients

- 2.5 tablespoons chile mayonnaise green
- 4 medium cucumbers (each at least 7 in. long)
- 3 large eggs
- 8 servings ice cubes
- 1 tsp juice of lemon fresh
- 2.5 tablespoons onion red minced rinsed ()
- 0.5 tsp sea salt
- 1 serrano chiles green red seeded for garnish

Equipment

- bowl
- baking sheet
- pot
- slotted spoon
- grater
- box grater
- melon baller
- microplane

Directions

- Put eggs in a medium pot and cover with cold water. Bring to a boil, then cover, remove pot from heat, and let sit 14 minutes. With a slotted spoon, transfer eggs to a bowl of ice and cold water (reserve hot water in pot). Cool eggs at least 10 minutes, then use a slotted spoon to transfer eggs back to hot water (to loosen shells) for 10 to 20 seconds. Pat dry and peel.
- Meanwhile, cut cucumbers into 24 rounds (3/4 in. thick each; you may have some cucumber left over). Using the size of biscuit cutter that fits best (see Notes), cut out fluted rounds. With a melon baller or small spoon, scoop seeds from centers of cucumber rounds, leaving at least a 1/4-in layer of seeds and/or flesh. Set on a baking sheet.
- Shred eggs with a razor-sharp grater (such as a Microplane) or against the finest slatted (not punched-out) holes of a box grater and put in a medium bowl.
- Add mayonnaise, red onion, 1 tsp. lemon juice, and 1/2 tsp. salt. Mash mixture together with a fork.
- Fill cups with egg mixture, mounding slightly.
- Sprinkle each with salt and a few drops of lemon juice to taste and garnish with a sliver of serrano.

Nutrition Facts



PROTEIN 29.08% **FAT 41.73%** **CARBS 29.19%**

Properties

Glycemic Index:10.88, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:4.6239130756129%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 42.38kcal (2.12%), Fat: 1.97g (3.03%), Saturated Fat: 0.6g (3.77%), Carbohydrates: 3.1g (1.03%), Net Carbohydrates: 2.25g (0.82%), Sugar: 1.88g (2.09%), Cholesterol: 69.75mg (23.25%), Sodium: 177.41mg (7.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.19%), Vitamin C: 10.76mg (13.04%), Selenium: 5.9µg (8.43%), Vitamin K: 8.05µg (7.67%), Vitamin B2: 0.12mg (6.85%), Folate: 24.85µg (6.21%), Phosphorus: 61.5mg (6.15%), Vitamin B6: 0.11mg (5.73%), Vitamin B5: 0.54mg (5.44%), Potassium: 185.17mg (5.29%), Copper: 0.1mg (5.11%), Manganese: 0.09mg (4.66%), Vitamin A: 225.36IU (4.51%), Magnesium: 16.47mg (4.12%), Fiber: 0.86g (3.43%), Iron: 0.61mg (3.4%), Vitamin B1: 0.04mg (2.93%), Zinc: 0.44mg (2.92%), Calcium: 27.83mg (2.78%), Vitamin B12: 0.17µg (2.78%), Vitamin D: 0.38µg (2.5%), Vitamin E: 0.27mg (1.77%)