



Deviled Egg Surprise



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 eggs
- ☐ 4 tablespoons goat cheese divided crumbled
- ☐ 2 tablespoons mango chutney
- ☐ 3 tablespoons mayonnaise
- ☐ 3 tablespoons pecans divided finely chopped
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt

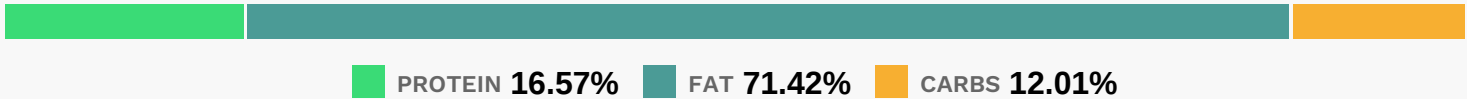
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place eggs in a saucepan; cover with water. Bring to a boil, remove from heat, and let eggs stand in hot water for 15 minutes.
- ☐ Remove eggs from hot water, cool under cold running water, and peel.
- ☐ Cut each egg in half lengthwise; place egg yolks in a bowl. Mash yolks with a fork; stir in 3 tablespoons goat cheese, 2 tablespoons pecans, mayonnaise, chutney, salt, and pepper.
- ☐ Place egg white halves cut-side-up on a serving platter. Spoon yolk mixture into whites, cover, and refrigerate until ready to serve. Immediately before serving, sprinkle with remaining goat cheese and pecans.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:1.27, Inflammation Score:-1, Nutrition Score:3.3743478513282%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 94.17kcal (4.71%), Fat: 7.5g (11.53%), Saturated Fat: 1.93g (12.08%), Carbohydrates: 2.84g (0.95%), Net Carbohydrates: 2.55g (0.93%), Sugar: 1.86g (2.07%), Cholesterol: 85.46mg (28.49%), Sodium: 120.16mg (5.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.83%), Selenium: 7.13µg (10.18%), Vitamin B2: 0.12mg (7.34%), Phosphorus: 63.83mg (6.38%), Manganese: 0.13mg (6.38%), Vitamin K: 5.98µg (5.69%), Copper: 0.08mg (4.22%), Vitamin B5: 0.4mg (3.98%), Vitamin B12: 0.21µg (3.48%), Vitamin A: 170.8IU (3.42%), Iron: 0.56mg (3.13%), Vitamin D: 0.47µg (3.1%), Folate: 12µg (3%), Zinc: 0.45mg (2.98%), Vitamin B6: 0.06mg (2.77%), Vitamin E: 0.39mg (2.62%), Calcium: 21.67mg (2.17%), Vitamin B1: 0.03mg (1.96%), Magnesium: 6.62mg (1.65%), Potassium: 45.38mg (1.3%), Fiber: 0.28g (1.13%)