



Devilishly Different Green Deviled Eggs



Vegetarian



Gluten Free



Dairy Free

READY IN



115 min.

SERVINGS



24

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados pitted mashed halved
- ☐ 12 eggs
- ☐ 3 tablespoons cilantro leaves fresh finely chopped
- ☐ 2 teaspoons garlic chopped
- ☐ 24 pickled garlic cloves sweet hot garlic cloves® such as Sonoma Farm Tex-Mex &
- ☐ 1 jalapeno minced seeded
- ☐ 8 slices pickled jalapeño pepper minced
- ☐ 1 juice of lime juiced

- ☐ 1 plum tomatoes diced seeded Roma
- ☐ 24 servings salt and pepper black freshly ground to taste
- ☐ 1 small onion diced white

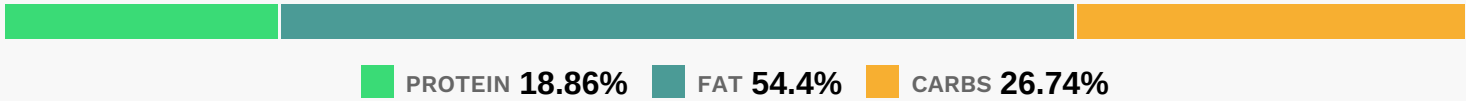
Equipment

- ☐ paper towels
- ☐ 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.
- ☐ Stir together mashed avocado, onion, tomato, cilantro, lime juice, jalapeno, and chopped garlic; season with salt and pepper. Refrigerate guacamole, tightly covered, for 1 hour.
- ☐ Drain pickled garlic cloves and minced pickled jalapeno on a plate lined with paper towels.
- ☐ Cut each egg in half lengthwise; set yolks aside for another use. Clean away any remaining yolk from egg white halves with a wet paper towel.
- ☐ Place egg whites cut-side up on a serving platter.
- ☐ Spoon a generous amount of guacamole into each egg white half; top each deviled egg with a pickled garlic clove.
- ☐ Sprinkle minced pickled jalapeno, salt, and black pepper over deviled eggs.

Nutrition Facts



Properties

Glycemic Index:12.21, Glycemic Load:0.89, Inflammation Score:-5, Nutrition Score:7.992173910141%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.03mg,

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 74.18kcal (3.71%), Fat: 4.7g (7.23%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 3.04g (1.1%), Sugar: 1.7g (1.89%), Cholesterol: 81.84mg (27.28%), Sodium: 34.2mg (1.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.33%), Vitamin C: 39.92mg (48.39%), Vitamin B6: 0.26mg (12.76%), Vitamin E: 1.69mg (11.3%), Selenium: 7.43µg (10.61%), Vitamin A: 499.36IU (9.99%), Vitamin K: 9.84µg (9.37%), Vitamin B2: 0.15mg (8.77%), Fiber: 2.16g (8.64%), Folate: 33.38µg (8.34%), Vitamin B5: 0.69mg (6.95%), Phosphorus: 67.02mg (6.7%), Manganese: 0.13mg (6.69%), Potassium: 213.91mg (6.11%), Copper: 0.08mg (3.79%), Vitamin B3: 0.74mg (3.72%), Iron: 0.63mg (3.52%), Magnesium: 13.76mg (3.44%), Vitamin B12: 0.2µg (3.26%), Zinc: 0.48mg (3.22%), Vitamin D: 0.44µg (2.93%), Vitamin B1: 0.04mg (2.77%), Calcium: 25.46mg (2.55%)