



Diablo Eggs



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



106 kcal

SIDE DISH

Ingredients

- 2 tsp grey poupon dijon mustard
- 8 hard-cooked eggs peeled
- 0.3 cup real mayo mayonnaise kraft
- 0.5 cup onions chopped
- 0.1 tsp paprika
- 1 poblano chile deveined seeded chopped
- 0.1 tsp salt and pepper

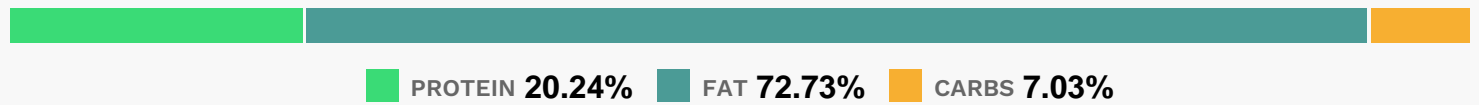
Equipment

bowl

Directions

- Cut eggs lengthwise in half.
- Remove yolks; mash in small bowl.
- Add all remaining ingredients except egg whites and paprika; mix well.
- Spoon or pipe egg yolk mixture into centers of egg whites.
- Sprinkle with paprika.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:5.1956522024196%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 106.35kcal (5.32%), Fat: 8.5g (13.07%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.46g (0.53%), Sugar: 1.12g (1.25%), Cholesterol: 151.55mg (50.52%), Sodium: 125.93mg (5.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.65%), Selenium: 12.83µg (18.33%), Vitamin B2: 0.21mg (12.52%), Vitamin C: 10.16mg (12.32%), Vitamin K: 10.2µg (9.71%), Phosphorus: 75.85mg (7.58%), Vitamin B12: 0.45µg (7.51%), Vitamin D: 0.89µg (5.94%), Vitamin B5: 0.59mg (5.94%), Vitamin A: 270.7IU (5.41%), Folate: 20.67µg (5.17%), Vitamin E: 0.65mg (4.35%), Vitamin B6: 0.09mg (4.32%), Iron: 0.57mg (3.15%), Zinc: 0.47mg (3.1%), Vitamin B1: 0.04mg (2.63%), Potassium: 86.19mg (2.46%), Calcium: 24.19mg (2.42%), Manganese: 0.04mg (2.02%), Magnesium: 6.58mg (1.64%), Fiber: 0.39g (1.57%)