



Family Ties Chipotle Deviled Eggs and Bacon

 Gluten Free

READY IN



130 min.

SERVINGS



24

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 tablespoons cider vinegar
- 7 chipotle sauce dried stemmed seeded
- 12 eggs
- 2 garlic cloves crushed
- 0.3 cup heavy whipping cream
- 0.3 cup catsup
- 4 slices maple-cured bacon thick cut into 1-inch pieces
- 0.5 cup mayonnaise

- 0.3 cup onion sliced
- 0.3 teaspoon salt
- 2 tablespoons cheddar cheese shredded
- 3 cups water

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- blender

Directions

- Place water, chiles, onion, vinegar, ketchup, garlic, and salt in a saucepan; bring to a simmer, and cook, stirring occasionally, until reduced and very thick, about 1 hour.
- Pour chile mixture into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend until smooth. Stir cream into chipotle sauce; refrigerate until ready to use.
- 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.
- Place bacon in a large skillet; cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Drain bacon on paper towels. Crumble half the bacon; reserve remaining bacon for garnish.
- Cut each egg in half lengthwise; place egg yolks into a bowl. Mash egg yolks with a fork; stir in mayonnaise, crumbled bacon, and Cheddar cheese. Stir 1 tablespoon chipotle sauce into yolk mixture, or more to taste.
- Place egg whites cut-side up on a serving plate. Spoon yolk mixture into egg white halves.
- Sprinkle remaining bacon over filling; drizzle with chipotle sauce.

Nutrition Facts



■ PROTEIN 15.06% ■ FAT 73.99% ■ CARBS 10.95%

Properties

Glycemic Index:7.25, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:3.1665217280388%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 100.96kcal (5.05%), Fat: 8.27g (12.72%), Saturated Fat: 2.46g (15.37%), Carbohydrates: 2.75g (0.92%), Net Carbohydrates: 2.12g (0.77%), Sugar: 1.67g (1.86%), Cholesterol: 89.73mg (29.91%), Sodium: 140.87mg (6.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.57%), Selenium: 7.94µg (11.34%), Vitamin K: 7.86µg (7.48%), Vitamin B2: 0.12mg (6.89%), Phosphorus: 56.43mg (5.64%), Vitamin B12: 0.23µg (3.85%), Vitamin B5: 0.38mg (3.8%), Vitamin A: 179.62IU (3.59%), Vitamin D: 0.51µg (3.39%), Vitamin E: 0.47mg (3.1%), Vitamin B6: 0.06mg (2.93%), Folate: 11.48µg (2.87%), Zinc: 0.38mg (2.54%), Fiber: 0.63g (2.54%), Iron: 0.44mg (2.43%), Calcium: 21.98mg (2.2%), Potassium: 55.01mg (1.57%), Vitamin B1: 0.02mg (1.46%), Copper: 0.03mg (1.38%), Manganese: 0.02mg (1.22%), Magnesium: 4.55mg (1.14%), Vitamin B3: 0.21mg (1.03%)