



Garam Masala Deviled Eggs

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon garam masala (scant)
- 3 tablespoons spring onion minced
- 6 hardboiled eggs
- 1 tablespoon jalapeno minced seeded
- 1.5 teaspoons mango chutney minced
- 3.5 tablespoons mayonnaise
- 12 servings radishes finely chopped

Equipment

bowl

Directions

Shell eggs, then cut in half lengthwise.

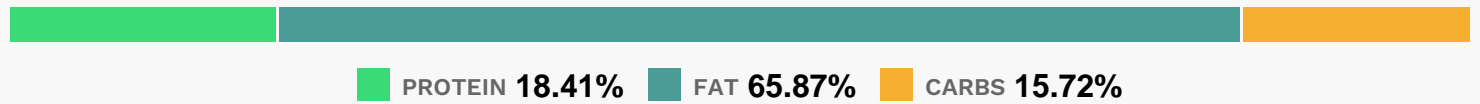
Transfer yolks to small bowl and mash with fork.

Mix in mayonnaise. Stir in onion, jalapeño, chutney, and garam masala. Season with salt and pepper.

Spoon yolk mixture into whites. Top generously with chopped radishes . (Can be made 4 hours ahead. Cover loosely and refrigerate.)

Available in most supermarkets, mango chutney varies greatly in quality and flavor by brand. We recommend Trader Joe's chutney. Garam masala is available in the spice section of many supermarkets and at Indian markets.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.71, Inflammation Score:-2, Nutrition Score:4.6243479018626%

Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 79.4kcal (3.97%), Fat: 5.78g (8.9%), Saturated Fat: 1.31g (8.22%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 2.08g (0.76%), Sugar: 1.89g (2.1%), Cholesterol: 94.96mg (31.66%), Sodium: 80.16mg (3.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.27%), Vitamin C: 10.43mg (12.64%), Selenium: 8.17µg (11.68%), Vitamin K: 10.82µg (10.31%), Vitamin B2: 0.15mg (9.08%), Folate: 27.1µg (6.77%), Phosphorus: 56.5mg (5.65%), Potassium: 175.37mg (5.01%), Vitamin B12: 0.28µg (4.71%), Vitamin B5: 0.46mg (4.57%), Fiber: 1.03g (4.11%), Vitamin B6: 0.08mg (3.9%), Vitamin D: 0.56µg (3.72%), Vitamin A: 165.14IU (3.3%), Vitamin E: 0.45mg (2.97%), Iron: 0.53mg (2.96%), Zinc: 0.44mg (2.93%), Calcium: 28.73mg (2.87%), Manganese: 0.05mg (2.54%), Magnesium: 8.86mg (2.22%), Copper: 0.04mg (1.79%), Vitamin B1: 0.03mg (1.69%)