



Guacamole Deviled Eggs

 Vegetarian  Gluten Free

READY IN

ready

30 min.

SERVINGS

servings

6

CALORIES

calories

239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large avocado diced pitted ripe
- ☐ 12 large eggs
- ☐ 1 small clove garlic minced
- ☐ 1 juice of lime
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 3 tablespoons onion red minced
- ☐ 0.5 cup cup heavy whipping cream sour

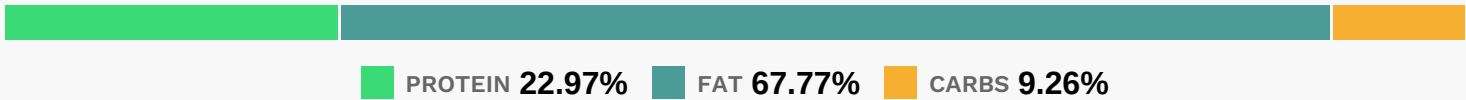
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Add the eggs to a saucepan and cover with cold water. Bring to a boil, turn off the heat, cover with a lid and let sit for 10 minutes.
- ☐ Drain the eggs, rinse and peel under cold water.
- ☐ Add the sour cream, red onion, avocado, garlic and lime juice to a large bowl. Slice the eggs in half and pop out the yolks into the mixture. Mash everything up until nice and smooth. Taste for seasoning and adjust if necessary. Fill the whites back up with the filling.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.41, Inflammation Score:-4, Nutrition Score:13.020869534949%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 238.8kcal (11.94%), Fat: 18.17g (27.95%), Saturated Fat: 5.78g (36.15%), Carbohydrates: 5.58g (1.86%), Net Carbohydrates: 3.2g (1.16%), Sugar: 1.55g (1.72%), Cholesterol: 383.31mg (127.77%), Sodium: 150.69mg (6.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.86g (27.71%), Selenium: 31.65µg (45.21%), Vitamin B2: 0.54mg (31.5%), Phosphorus: 233.06mg (23.31%), Vitamin B5: 2.08mg (20.79%), Folate: 76.77µg (19.19%), Vitamin B12: 0.93µg (15.5%), Vitamin A: 711.51IU (14.23%), Vitamin B6: 0.28mg (13.92%), Vitamin D: 2µg (13.33%), Vitamin E: 1.83mg (12.2%), Iron: 1.98mg (11%), Zinc: 1.59mg (10.58%), Potassium: 340.92mg (9.74%), Fiber: 2.39g (9.54%), Calcium: 82.58mg (8.26%), Vitamin K: 7.84µg (7.47%), Copper: 0.15mg (7.26%), Vitamin C: 5.55mg (6.73%),

Magnesium: 24.83mg (6.21%), Manganese: 0.11mg (5.31%), Vitamin B1: 0.07mg (4.73%), Vitamin B3: 0.69mg (3.47%)