



Huevos Endiablados

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



108 kcal

SIDE DISH

Ingredients

- 4 ounce tuna packed in oil, drained canned
- 1 tablespoon dijon mustard
- 6 eggs
- 1 teaspoon garlic minced
- 1.5 tablespoons mayonnaise
- 2 tablespoons onion diced red
- 0.3 teaspoon salt
- 0.5 teaspoon paprika smoked plus more for garnish

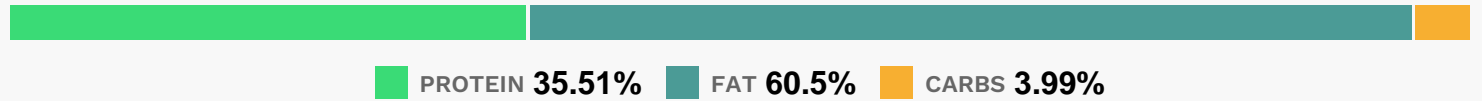
Equipment

- bowl
- sauce pan

Directions

- Place eggs in a saucepan and 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. Allow to cool completely, about 20 minutes.
- Slice each egg in half lengthwise, remove yolks and place them in a bowl. Set the whites aside on a serving platter. Mash yolks together with tuna, red onion, mayonnaise, Dijon mustard, garlic, smoked paprika, and salt until smooth and combined. Fill each egg white half with about a tablespoon of filling.
- Garnish with smoked paprika.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:7.0491303853367%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 107.8kcal (5.39%), Fat: 7.09g (10.91%), Saturated Fat: 1.84g (11.5%), Carbohydrates: 1.05g (0.35%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.38g (0.42%), Cholesterol: 171.95mg (57.32%), Sodium: 250.82mg (10.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.37g (18.73%), Selenium: 27.35µg (39.07%), Vitamin B12: 0.88µg (14.69%), Vitamin B2: 0.22mg (13.08%), Phosphorus: 118.7mg (11.87%), Vitamin B3: 1.95mg (9.73%), Vitamin B6: 0.15mg (7.55%), Vitamin D: 1.11µg (7.43%), Vitamin B5: 0.73mg (7.27%), Vitamin A: 334.62IU (6.69%), Iron: 1.18mg (6.58%), Vitamin K: 6.07µg (5.78%), Folate: 22.52µg (5.63%), Zinc: 0.73mg (4.88%), Vitamin E: 0.7mg (4.65%), Calcium: 32.01mg (3.2%), Potassium: 109.13mg (3.12%), Magnesium: 11.62mg (2.9%), Copper: 0.05mg (2.37%),

Manganese: 0.04mg (2.11%), Vitamin B1: 0.03mg (2.1%)