



Little Green Eggs and Ham Devils

 **Gluten Free**  **Dairy Free**

READY IN



65 min.

SERVINGS



24

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 avocados pitted mashed halved
- 6 slices bacon
- 1.5 teaspoons cayenne pepper
- 12 eggs
- 0.5 garlic clove minced
- 1 tablespoon juice of lemon
- 1.5 teaspoons paprika
- 24 servings salt and pepper to taste


Equipment

- bowl
- frying pan
- paper towels
- sauce pan

Directions

- 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 and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Drain bacon slices on paper towels.
- Cut each egg in half lengthwise. Scoop egg yolks out; place 3 to 6 egg yolks in a bowl, reserving remaining egg yolks for another use.
- Mash the 3 to 6 egg yolks with a fork; stir in avocado, lemon juice, cayenne pepper, and garlic. Season with salt and pepper.
- Arrange egg whites cut-side-up on a serving platter. Spoon avocado mixture into egg whites.
- Chop bacon into 1/2-inch pieces; place bacon and paprika in a small bowl and toss to coat bacon. Top deviled eggs with bacon pieces.

Nutrition Facts

 PROTEIN 16.29%  FAT 73.25%  CARBS 10.46%

Properties

Glycemic Index:4.88, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:4.7434782930042%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.03mg,

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 95.58kcal (4.78%), Fat: 8.01g (12.32%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 0.81g (0.29%), Sugar: 0.29g (0.32%), Cholesterol: 85.47mg (28.49%), Sodium: 263.34mg (11.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.01%), Selenium: 7.99µg (11.41%), Vitamin B2: 0.14mg (8.27%), Folate: 31.01µg (7.75%), Vitamin B5: 0.72mg (7.21%), Fiber: 1.76g (7.06%), Phosphorus: 65.45mg (6.54%), Vitamin B6: 0.12mg (6.17%), Vitamin E: 0.85mg (5.66%), Vitamin A: 271.14IU (5.42%), Vitamin K: 5.54µg (5.28%), Potassium: 169.41mg (4.84%), Vitamin B12: 0.22µg (3.72%), Vitamin B3: 0.7mg (3.5%), Vitamin C: 2.87mg (3.48%), Zinc: 0.52mg (3.46%), Copper: 0.07mg (3.38%), Iron: 0.59mg (3.25%), Vitamin D: 0.46µg (3.08%), Vitamin B1: 0.04mg (2.79%), Magnesium: 11.06mg (2.76%), Manganese: 0.05mg (2.43%), Calcium: 16.35mg (1.64%)