



Mexican Deviled Eggs



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings garnishes: chile powder and parsley sprigs fresh
- ☐ 0.3 teaspoon ground cumin
- ☐ 6 hard-cooked eggs
- ☐ 2 tablespoons pickled jalapeño minced
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon mustard prepared
- ☐ 0.1 teaspoon salt

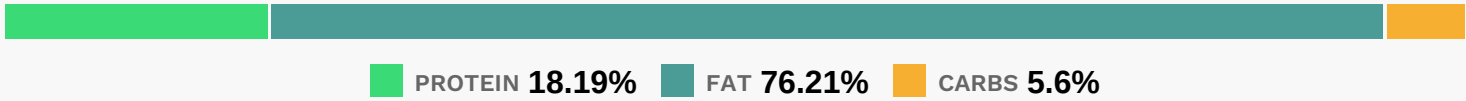
Equipment

☐ bowl

Directions

- ☐ Cut eggs in half lengthwise, and carefully remove yolks.
- ☐ Mash egg yolks in a small bowl. Stir in mayonnaise and next 4 ingredients, and blend well.
- ☐ Spoon or pipe yolk mixture evenly into egg-white halves.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:0.1, Inflammation Score:-5, Nutrition Score:7.6473912415297%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 149.89kcal (7.49%), Fat: 12.69g (19.53%), Saturated Fat: 2.79g (17.42%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 1.15g (0.42%), Sugar: 1g (1.11%), Cholesterol: 190.42mg (63.47%), Sodium: 230.3mg (10.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.63%), Selenium: 16.9µg (24.14%), Vitamin A: 915.8IU (18.32%), Vitamin K: 18.44µg (17.57%), Vitamin B2: 0.28mg (16.62%), Vitamin E: 1.77mg (11.83%), Phosphorus: 98.38mg (9.84%), Vitamin B12: 0.57µg (9.44%), Vitamin B5: 0.76mg (7.56%), Vitamin D: 1.12µg (7.46%), Vitamin C: 5.96mg (7.22%), Vitamin B6: 0.13mg (6.31%), Folate: 24.56µg (6.14%), Iron: 1.07mg (5.94%), Zinc: 0.65mg (4.35%), Fiber: 0.95g (3.81%), Calcium: 35.33mg (3.53%), Potassium: 121.52mg (3.47%), Manganese: 0.07mg (3.29%), Vitamin B1: 0.05mg (3.08%), Magnesium: 10.33mg (2.58%), Vitamin B3: 0.35mg (1.73%), Copper: 0.03mg (1.66%)