



Mexican-Style Deviled Eggs



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



12

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons chiles green canned chopped
- ☐ 0.5 teaspoon chili powder
- ☐ 6 eggs
- ☐ 0.1 teaspoon ground pepper
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon olives pitted ripe chopped

Equipment

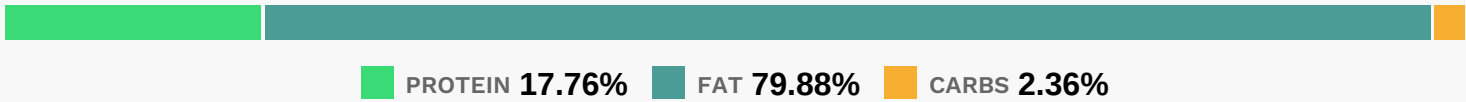
- ☐ bowl

☐ sauce pan

Directions

- ☐ Place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat.
- ☐ Remove from the heat and let the eggs stand in the hot water for 15 minutes.
- ☐ Drain. Cool the eggs under cold running water. Peel once cold. Halve the eggs lengthwise and scoop the yolks into a bowl. Mash the yolks with a fork.
- ☐ Stir the mayonnaise, chopped green chiles, olives, chili powder, and cayenne pepper until well combined; spoon into the egg white halves.

Nutrition Facts



Properties

Glycemic Index:6.83, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.627391329926%

Nutrients (% of daily need)

Calories: 64.99kcal (3.25%), Fat: 5.71g (8.78%), Saturated Fat: 1.25g (7.82%), Carbohydrates: 0.38g (0.13%), Net Carbohydrates: 0.28g (0.1%), Sugar: 0.12g (0.13%), Cholesterol: 83.8mg (27.93%), Sodium: 82.57mg (3.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.71%), Selenium: 6.89µg (9.85%), Vitamin K: 7.79µg (7.42%), Vitamin B2: 0.1mg (6.07%), Phosphorus: 45.15mg (4.52%), Vitamin B5: 0.35mg (3.48%), Vitamin B12: 0.2µg (3.36%), Vitamin A: 160.98IU (3.22%), Folate: 11.99µg (3%), Vitamin D: 0.45µg (3%), Vitamin E: 0.45mg (2.98%), Iron: 0.45mg (2.49%), Vitamin B6: 0.04mg (2.16%), Zinc: 0.3mg (1.98%), Calcium: 14.25mg (1.42%), Vitamin C: 0.87mg (1.06%), Potassium: 36.44mg (1.04%)