

# Red-Chile-Spiked Deviled Eggs

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.5 teaspoons ancho chili powder
- 2 tablespoons jalapeno finely chopped
- 8 large eggs
- 2 tablespoons cilantro leaves fresh chopped
- 1 spring onion finely chopped
- 0.3 cup mayonnaise best foods®
- 2 teaspoons hot sauce hot

## Equipment

- bowl
- sauce pan
- whisk

## Directions

- Arrange eggs in 2-quart saucepan and cover with cold water. Bring to a boil over high heat.
- Remove from heat and let stand covered 15 minutes; drain. Cover eggs with cold water and let stand an additional 5 minutes; drain.
- Meanwhile, combine remaining ingredients in medium bowl with wire whisk. Season, if desired, with salt and black pepper.
- Peel eggs. Slice eggs in half lengthwise and carefully remove yolks. Mash yolks with mayonnaise mixture until smooth.
- Spoon mixture into egg whites.
- Sprinkle, if desired, with additional chili powder and top with cilantro.

## Nutrition Facts

**PROTEIN 19.11%** **FAT 78.03%** **CARBS 2.86%**

## Properties

Glycemic Index:24.33, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:8.6034782477047%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

## Nutrients (% of daily need)

Calories: 183.63kcal (9.18%), Fat: 15.75g (24.23%), Saturated Fat: 3.56g (22.26%), Carbohydrates: 1.3g (0.43%), Net Carbohydrates: 0.93g (0.34%), Sugar: 0.62g (0.69%), Cholesterol: 253.23mg (84.41%), Sodium: 217.66mg (9.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.68g (17.36%), Selenium: 20.89µg (29.84%), Vitamin K: 26.52µg (25.26%), Vitamin B2: 0.32mg (18.71%), Phosphorus: 138.36mg (13.84%), Vitamin A: 601.34IU (12.03%), Vitamin B5: 1.07mg (10.67%), Vitamin B12: 0.61µg (10.14%), Vitamin E: 1.49mg (9.96%), Vitamin D: 1.36µg (9.05%), Vitamin C: 7.34mg (8.9%), Folate: 34.89µg (8.72%), Vitamin B6: 0.15mg (7.46%), Iron: 1.33mg (7.39%), Zinc: 0.92mg (6.11%), Calcium: 42.21mg (4.22%), Potassium: 124.77mg (3.56%), Copper: 0.06mg (3%), Magnesium: 10.12mg (2.53%), Vitamin B1: 0.03mg (2.19%), Manganese: 0.04mg (1.87%), Fiber: 0.37g (1.49%)