



South-of-the-Border Deviled Eggs

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 small avocado ripe peeled coarsely chopped
- 1 tablespoon ranch dressing mix dry
- 2 green onions finely chopped
- 12 hard-cooked eggs peeled
- 2 tablespoons mayonnaise
- 0.5 cup mild salsa
- 2 tablespoons juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer) sweet

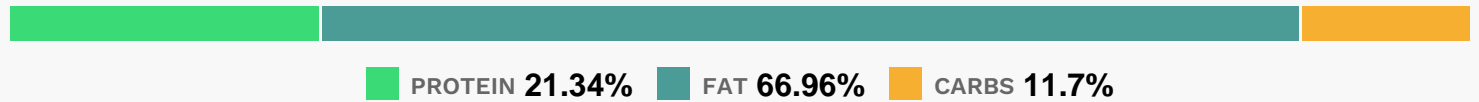
Equipment

bowl

Directions

- Slice eggs in half lengthwise; carefully remove yolks, keeping egg white halves intact.
- Mash together yolks and avocado in a medium bowl. Stir in green onions and next 3 ingredients until smooth. Spoon yolk mixture evenly into egg white halves.
- Sprinkle evenly with chili powder, if desired. Cover and chill at least 1 hour or up to 24 hours. Dollop with salsa just before serving.
- Cathy Dodson, Knoxville, Tennessee

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:6.7534782782845%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 128.13kcal (6.41%), Fat: 9.54g (14.67%), Saturated Fat: 2.27g (14.16%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 2.38g (0.87%), Sugar: 1.14g (1.27%), Cholesterol: 187.48mg (62.49%), Sodium: 280.09mg (12.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.68%), Selenium: 15.63µg (22.33%), Vitamin B2: 0.28mg (16.69%), Vitamin K: 12.07µg (11.49%), Phosphorus: 99.41mg (9.94%), Vitamin B5: 0.96mg (9.59%), Folate: 37.4µg (9.35%), Vitamin B12: 0.56µg (9.3%), Vitamin D: 1.1µg (7.36%), Vitamin E: 1.08mg (7.21%), Vitamin A: 357.91IU (7.16%), Vitamin B6: 0.12mg (6.2%), Fiber: 1.37g (5.48%), Potassium: 178.17mg (5.09%), Zinc: 0.67mg (4.43%), Iron: 0.77mg (4.26%), Vitamin B1: 0.05mg (3.29%), Calcium: 31.67mg (3.17%), Magnesium: 11.91mg (2.98%), Vitamin C: 2.26mg (2.74%), Manganese: 0.05mg (2.62%), Copper: 0.05mg (2.37%), Vitamin B3: 0.46mg (2.28%)