



Spicy Southwestern Deviled Eggs



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



100

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 100 servings cilantro leaves fresh chopped
- ☐ 0.5 teaspoon cumin
- ☐ 12 eggs peeled
- ☐ 2 Tbsp jalapeno minced sliced
- ☐ 6 tablespoons mayonnaise
- ☐ 1 tablespoon mustard
- ☐ 0.1 teaspoon salt

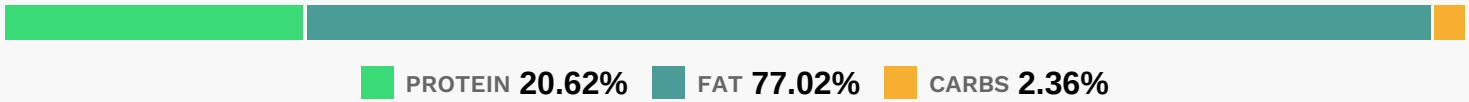
Equipment

Directions

- ☐
- Cut eggs in half lengthwise, and carefully remove yolks. Mash yolks; stir in mayonnaise and next 4 ingredients. Spoon or pipe egg yolk mixture into egg halves. Cover and chill at least 1 hour or until ready to serve.

☐

Nutrition Facts



Properties

Glycemic Index:1.51, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.63826087230574%

Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 13.5kcal (0.68%), Fat: 1.14g (1.75%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 0.08g (0.03%), Net Carbohydrates: 0.06g (0.02%), Sugar: 0.04g (0.04%), Cholesterol: 19.99mg (6.66%), Sodium: 17.46mg (0.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.37%), Selenium: 1.69µg (2.42%), Vitamin K: 1.75µg (1.67%), Vitamin B2: 0.02mg (1.46%), Phosphorus: 10.97mg (1.1%)