



## Spicy-Sweet Deviled Eggs

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

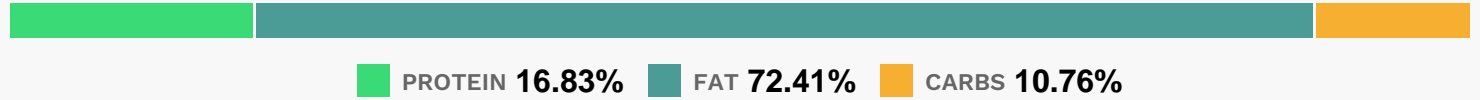
- 12 servings garnish: chives fresh sliced
- 0.1 teaspoon ground pepper red
- 12 hard-cooked eggs peeled
- 12 servings kosher salt to taste
- 3 tablespoons mango chutney
- 0.5 cup mayonnaise

### Equipment

## Directions

- Cut eggs in half lengthwise; carefully remove yolks. Mash yolks; stir in mayonnaise, chutney, and red pepper until blended. Spoon yolk mixture evenly into egg white halves.
- Sprinkle evenly with desired amount of salt.
- Garnish, if desired. Chill until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:15.17, Glycemic Load:1.9, Inflammation Score:-1, Nutrition Score:5.5830434424722%

## Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 155.23kcal (7.76%), Fat: 12.3g (18.92%), Saturated Fat: 2.73g (17.05%), Carbohydrates: 4.11g (1.37%), Net Carbohydrates: 4.03g (1.46%), Sugar: 3.06g (3.4%), Cholesterol: 190.42mg (63.47%), Sodium: 316.69mg (13.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.87%), Selenium: 15.73µg (22.47%), Vitamin K: 17.51µg (16.68%), Vitamin B2: 0.26mg (15.49%), Vitamin B12: 0.57µg (9.44%), Phosphorus: 89.55mg (8.96%), Vitamin D: 1.12µg (7.46%), Vitamin B5: 0.72mg (7.19%), Vitamin A: 318.27IU (6.37%), Folate: 24.09µg (6.02%), Vitamin E: 0.84mg (5.57%), Zinc: 0.55mg (3.66%), Iron: 0.66mg (3.66%), Vitamin B6: 0.06mg (3.21%), Calcium: 27.82mg (2.78%), Vitamin B1: 0.04mg (2.37%), Potassium: 72.14mg (2.06%), Magnesium: 5.75mg (1.44%), Vitamin C: 1.04mg (1.26%), Manganese: 0.02mg (1.02%)