



Tex-Mex Deviled Eggs

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 servings chili powder
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon spring onion diced
- ☐ 6 hardboiled eggs peeled
- ☐ 1 small jalapeno seeded finely chopped
- ☐ 0.3 cup mayonnaise
- ☐ 1 ounce cheddar cheese shredded
- ☐ 0.5 teaspoon salt

☐ 1 teaspoon mustard yellow

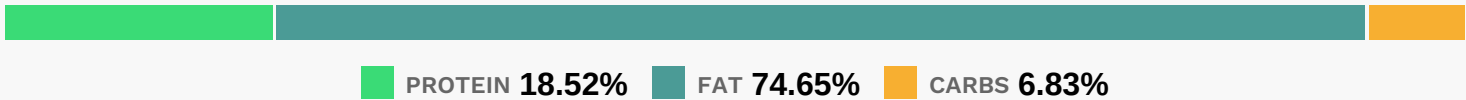
Equipment

☐ bowl

Directions

- ☐ Cut eggs in half crosswise; carefully remove yolks, and place in a small bowl.
- ☐ Mash egg yolks; stir in green onions and next 5 ingredients.
- ☐ Spoon yolk mixture into egg white halves; sprinkle with Cheddar cheese and desired amount of chili powder.
- ☐ Serve immediately, or cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:17.08, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:4.7243478039037%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 86.52kcal (4.33%), Fat: 7.25g (11.16%), Saturated Fat: 1.87g (11.67%), Carbohydrates: 1.49g (0.5%), Net Carbohydrates: 0.73g (0.27%), Sugar: 0.52g (0.58%), Cholesterol: 97.57mg (32.52%), Sodium: 210.49mg (9.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.1%), Vitamin A: 769.81IU (15.4%), Selenium: 9.03µg (12.91%), Vitamin K: 11.21µg (10.68%), Vitamin B2: 0.16mg (9.41%), Vitamin E: 1.24mg (8.25%), Phosphorus: 61.75mg (6.18%), Vitamin B12: 0.31µg (5.14%), Vitamin B6: 0.08mg (3.98%), Vitamin B5: 0.39mg (3.91%), Vitamin D: 0.57µg (3.82%), Iron: 0.68mg (3.75%), Calcium: 37.02mg (3.7%), Folate: 12.97µg (3.24%), Fiber: 0.76g (3.04%), Zinc: 0.45mg (2.99%), Manganese: 0.05mg (2.26%), Potassium: 78.34mg (2.24%), Vitamin C: 1.5mg (1.82%), Magnesium: 6.65mg (1.66%), Vitamin B1: 0.02mg (1.61%), Vitamin B3: 0.27mg (1.35%), Copper: 0.03mg (1.32%)