

Guacamole Deviled Eggs

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Servings: 24

12 large eggs
1/2 avocado
2 tablespoons sour cream
juice of one lime
salt (to taste)
1/2 cup chopped tomato
1/4 cup chopped cilantro
chopped tomato (for garnish)
avocado (for garnish)

In a wide pot, place the eggs and cover with cold water by one inch. Bring to a boil. Reduce the heat to medium low and simmer for 10 minutes.

Drain the eggs and run under cold water to cool slightly. Peel and halve each egg lengthwise.

Scoop out the yolks and place in a large bowl. Add the avocado, sour cream, lime juice, salt and pepper. Mash together.

Stir in the tomato and cilantro. Mix well.

Spoon into the egg whites. Top with chopped tomato and avocado.

Per Serving (excluding unknown items): 47 Calories; 3g Fat (65.4% calories from fat); 3g Protein; 1g Carbohydrate; trace Dietary Fiber; 107mg Cholesterol; 36mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	47
% Calories from Fat:	65.4%
% Calories from Carbohydrates:	6.3%
% Calories from Protein:	28.3%
Total Fat (g):	3g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	107mg
Carbohydrate (g):	1g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	15mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0%

Food Exchanges

Dietary Fiber (g): trace
Protein (g): 3g
Sodium (mg): 36mg
Potassium (mg): 70mg
Calcium (mg): 15mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 191IU
Vitamin A (r.e.): 44RE

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving

Calories 47 Calories from Fat: 31

% Daily Values*

Total Fat	3g	5%
Saturated Fat	1g	5%
Cholesterol	107mg	36%
Sodium	36mg	2%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	1%
Protein	3g	

Vitamin A	4%
Vitamin C	2%
Calcium	2%
Iron	3%

** Percent Daily Values are based on a 2000 calorie diet.*