

Deviled Eggs - Mexican Style

Paula Macri - Gattuso's Bella Cucina
Treasure Coast Newspapers

6 large hard-boiled eggs
1/4 cup Mexican sour cream dip
1 teaspoon mustard
1 teaspoon white vinegar
1/4 cup avocado, chopped
1 tablespoon fresh cilantro, chopped
piece jalapeno chile peppers

Peel the hard-boiled eggs and cut in half lengthwise. Carefully remove the yolk from each half of the egg and set aside.

In a mixing bowl, add the egg yolks and mash together with a fork.

In a mixing bowl, add the sour cream dip, mustard and vinegar. Mix everything together until well blended.

Add the avocado and the cilantro, stirring all together.

Spoon the mixture into the egg white.

Cover and chill up to twenty-four hours before serving.

Per Serving (excluding unknown items): 528 Calories; 38g Fat (65.1% calories from fat); 39g Protein; 7g Carbohydrate; 1g Dietary Fiber; 1272mg Cholesterol; 439mg Sodium. Exchanges: 5 1/2 Lean Meat; 0 Fruit; 4 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	528	Vitamin B6 (mg):	.5mg
% Calories from Fat:	65.1%	Vitamin B12 (mcg):	3.3mcg
% Calories from Carbohydrates:	5.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	29.8%	Riboflavin B2 (mg):	1.5mg
Total Fat (g):	38g	Folacin (mcg):	156mcg
Saturated Fat (g):	11g	Niacin (mg):	1mg

Monounsaturated Fat (g): 16g
Polyunsaturated Fat (g): 5g
Cholesterol (mg): 1272mg
Carbohydrate (g): 7g
Dietary Fiber (g): 1g
Protein (g): 39g
Sodium (mg): 439mg
Potassium (mg): 613mg
Calcium (mg): 159mg
Iron (mg): 4mg
Zinc (mg): 3mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 1968IU
Vitamin A (r.e.): 532 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 5 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 4
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 528 **Calories from Fat:** 344

% Daily Values*

Total Fat 38g	58%
Saturated Fat 11g	53%
Cholesterol 1272mg	424%
Sodium 439mg	18%
Total Carbohydrates 7g	2%
Dietary Fiber 1g	4%
Protein 39g	
Vitamin A	39%
Vitamin C	5%
Calcium	16%
Iron	23%

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