

Mexican-Style Stuffed Eggs

*Sara Moulton - Associated Press
Palm Beach Post*

Yield: 16 stuffed egg halves

*8 large eggs
1/2 cup finely chopped tomato
Kosher salt
1 tablespoon + 1 teaspoon minced jalapenos (discarding the seeds and ribs, if desired), divided
3 tablespoons minced white onions, divided
1 tablespoon chopped fresh cilantro
1 very ripe Haas avocado, peeled, pitted and coarsely chopped
1 tablespoon low-fat mayonnaise
ground black pepper*

Place the eggs in a small saucepan. Add enough cold water to cover by one inch. Bring the water just to a boil, then remove the saucepan from the heat, cover it and set aside for 10 minutes. After 10 minutes, transfer the eggs to a bowl of ice and water and let cool completely.

While the eggs are cooking, in a colander toss the tomatoes with a hefty pinch of salt and let drain for 10 minutes.

In a small bowl, combine the drained tomatoes with one teaspoon of the jalapenos, two teaspoons of the lime juice, one tablespoon of the onion and the cilantro. Toss well, then set aside.

Once the eggs have cooled, peel and halve them lengthwise. In a small bowl, combine six of the yolks (discarding the remaining two or saving them for another use) with the avocado, mayonnaise, and the remaining one tablespoon of lime juice. Mash with a potato masher or fork until the mixture is smooth with a few lumps.

Stir in the remaining onion and jalapeno. Add salt and pepper to taste. Mound the egg-avocado mixture into the egg whites and top each one with some of the salsa.

Per Serving (excluding unknown items): 632 Calories; 44g Fat (64.4% calories from fat); 50g Protein; 4g Carbohydrate; trace Dietary Fiber; 1701mg Cholesterol; 631mg Sodium. Exchanges: 6 1/2 Lean Meat; 4 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-----------|-----------------------------|--------|
| Calories (kcal): | 632 | Vitamin B6 (mg): | .6mg |
| % Calories from Fat: | 64.4% | Vitamin B12 (mcg): | 5.2mcg |
| % Calories from Carbohydrates: | 2.7% | Thiamin B1 (mg): | .3mg |
| % Calories from Protein: | 32.9% | Riboflavin B2 (mg): | 1.9mg |
| Total Fat (g): | 44g | Folacin (mcg): | 193mcg |
| Saturated Fat (g): | 13g | Niacin (mg): | trace |
| Monounsaturated Fat (g): | 16g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 7g | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 1701mg | % Daily Values: | n n% |
| Carbohydrate (g): | 4g | Food Exchanges | |
| Dietary Fiber (g): | trace | Grain (Starch): | 0 |
| Protein (g): | 50g | Lean Meat: | 6 1/2 |
| Sodium (mg): | 631mg | Vegetable: | 0 |
| Potassium (mg): | 543mg | Fruit: | 0 |
| Calcium (mg): | 209mg | Non-Fat Milk: | 0 |
| Iron (mg): | 7mg | Fat: | 4 |
| Zinc (mg): | 4mg | Other Carbohydrates: | 0 |
| Vitamin C (mg): | trace | | |
| Vitamin A (i.u.): | 2017IU | | |
| Vitamin A (r.e.): | 566 1/2RE | | |

Nutrition Facts

Amount Per Serving

Calories 632 **Calories from Fat:** 407

% Daily Values*

| | |
|-------------------------------|------|
| Total Fat 44g | 67% |
| Saturated Fat 13g | 64% |
| Cholesterol 1701mg | 567% |
| Sodium 631mg | 26% |
| Total Carbohydrates 4g | 1% |
| Dietary Fiber trace | 0% |
| Protein 50g | |
| Vitamin A | 40% |
| Vitamin C | 1% |
| Calcium | 21% |
| Iron | 41% |

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