

# Avocado Deviled Eggs

## Prep Time

10-12 mins

## Cook Time

mins

## Total Time

10-12 mins



Recipe by: Laura Bench

Category: Snack

Servings: 2 or 3

## Ingredients

3 hard-boiled large eggs

¼ ripe avocado

1 tsp mustard (or Dijon mustard)

¼ tsp chili powder

¼ tsp paprika

Salt & Pepper, to taste (1/8 tsp or less)

Baby carrots (or other veggies) to have on the side

## Instructions

1. Remove the hard shells from eggs and cut length wise. Remove the yolks and place into a medium mixing bowl.
2. Add the avocado to yolks and mash together until smooth. Stir in the mustard and all seasonings.
3. Evenly distribute the mixture to each egg white half. Sprinkle with more paprika if desired!
4. Enjoy the deviled eggs with baby carrots or other veggies on the side for fibrous carbohydrates.

## Nutrition Info

Per Serving: ½ egg

Calories: 49

Total Fat: 3.7g

Carbs: .7g

Protein: 3.2g

\*If having 2 servings (1 whole egg)- Calories: 98 Total Fat: 7.4g Carbs: 1.4g Protein: 6.4g

\*If having 3 servings (1 ½ eggs)- Calories: 147 Total Fat: 11g Carbs: 2g Protein: 9.6g