

FIESTA DEVILED EGGS

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (Serving = 2 halves)

Nutrition (per serving)

Calories: 115

Total Fat: 7 g

Saturated Fat: 2 g

Sodium: 183 mg

Total Carbohydrate: 6 g

Dietary Fiber: 2 g

Total Sugars: 3 g

Protein: 7 g

Ingredients

- 6 hardboiled eggs
- 1/2 medium avocado, peeled and seeded
- ½ cup chopped red onion
- 2 Tablespoons fresh squeezed lime juice
- 2 teaspoons chopped fresh cilantro
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- 1/3 cup chopped frozen mango
- Garnish with paprika

Directions

1. Slice each hardboiled egg in half vertically and then remove the cooked egg yolks, placing them in a large bowl.
2. Add avocado, red onion, lime juice, cilantro, garlic powder, and salt to egg yolks. Mash together with a fork. Add mango and gently stir together.
3. Spoon mixture into egg halves and sprinkle with paprika as desired.