

# Avocado and Lime Christmas Deviled Eggs

THE JAMES  
Mobile  
Education  
Kitchen

## Diabetes-Friendly

**Serves:** 6

### Ingredients

- |   |                                      |
|---|--------------------------------------|
| 6 eggs                                  | ¼ teaspoon salt                      |
| 1 ripe avocado peeled and pitted        | ¼ tomato finely chopped, for topping |
| 2 tablespoons fresh lime juice          | Chili powder or Paprika for topping  |
| 1-2 tablespoons cilantro finely chopped |                                      |

### Directions

1. Place the eggs in a small pot and add enough water to cover them. Bring to a boil over medium-high heat, then remove the pot from the heat, cover, and let the eggs sit for 10 minutes. Remove the eggs from the hot water and let cool completely.
2. Peel the eggs and cut them in half lengthwise. Scoop 3 of the yolks into a medium bowl, and add the avocado and lime juice. Using a spoon, mash until the mixture is as smooth as possible. Stir in the cilantro and salt.
3. Scoop the egg yolk filling into a reusable plastic sandwich bag and use scissors to snip off one of the corners, making a half-inch hole. Pipe the filling into the empty wells of the halved eggs. Top with chopped tomatoes and a sprinkle of chili powder.

Nutrition Facts	
Amount Per Serving	
Calories 101	Calories from Fat 67
% Daily Value*	
Total Fat 7.4g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 1.1g	
Monounsaturated Fat 4.2g	
Cholesterol 93mg	31%
Sodium 167mg	7%
Potassium 253mg	7%
Total Carbohydrates 4g	1%
Dietary Fiber 2.5g	10%
Sugars 0.7g	
Protein 5.7g	
Vitamin A	7.7%
Vitamin C	9.5%
Calcium	1.7%
Iron	4.1%
* Percent Daily Values are based on a 2000 calorie diet.	

<https://wexnermedical.osu.edu/nutrition-services>

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