

Protein Packed Deviled Eggs

2 SERVINGS 20 MINUTES



INGREDIENTS

4 Egg (hard boiled)
1 can Tuna (drained)
1/2 Avocado
1/2 tsp Paprika
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	296	Iron	4mg
Fat	18g	Vitamin D	121IU
Carbs	5g	Folate	91µg
Fiber	4g	Magnesium	47mg
Protein	30g	Zinc	2mg
Vitamin C	5mg		

DIRECTIONS

- 01 Hard boil your eggs.
- 02 Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna and avocado. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika.

NOTES

RECIPE ID 221