

Egg Balls

What's Cooking II

North American Institute of Modern Cuisine

Servings: 24

*6 hard-boiled eggs
1 teaspoon parsley, chopped
1 tablespoon onion, chopped
1/2 cup ham, finely chopped
1/4 cup mayonnaise
salt and pepper
pecans, chopped*

Finely mince or chop the hard-boiled eggs. Add the parsley, onion, ham and mayonnaise. Mix well. Season to taste.

Shape into 24 balls. Roll in the chopped pecans.

Refrigerate for one hour. Serve.

Per Serving (excluding unknown items): 41 Calories; 4g Fat (77.3% calories from fat); 2g Protein; trace Carbohydrate; trace Dietary Fiber; 55mg Cholesterol; 66mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	41
% Calories from Fat:	77.3%
% Calories from Carbohydrates:	2.6%
% Calories from Protein:	20.2%
Total Fat (g):	4g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	55mg
Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	2g
Sodium (mg):	66mg
Potassium (mg):	27mg
Calcium (mg):	7mg
Iron (mg):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2

Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 79IU
Vitamin A (r.e.): 22 1/2RE

Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving

Calories 41 **Calories from Fat:** 32

% Daily Values*

Total Fat 4g	5%
Saturated Fat 1g	4%
Cholesterol 55mg	18%
Sodium 66mg	3%
Total Carbohydrates trace	0%
Dietary Fiber trace	0%
Protein 2g	

Vitamin A	2%
Vitamin C	1%
Calcium	1%
Iron	1%

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