

# Baba's Deviled Eggs

*Kathy Rowland and Barbara Rowland  
Trinity Jubilee Cookbook - Trinity United Methodist Church*

13 eggs, boiled  
1/2 cup mayonnaise  
1/4 cup finely chopped sweet pickles  
OR sweet pickle relish  
1 tablespoon brown mustard  
1/4 teaspoon black pepper  
1/4 teaspoon hot sauce  
1/4 teaspoon Old Bay seasoning  
1 tablespoon pickle juice OR vinegar  
paprika

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Peel the eggs and cut in half lengthwise. Slip out the yolks into a bowl and mash them plus two egg white halves with a fork.

Add the mayonnaise to the yolks and combine well. Add the pickles, mustard, pepper, hot sauce and Old Bay to the yolk mixture. Add the vinegar or pickle juice to moisten (if needed).

Fill the egg whites with the yolk mixture, heaping it up. Sprinkle with paprika.

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Per Serving (excluding unknown items): 1766 Calories; 159g Fat (79.8% calories from fat); 84g Protein; 6g Carbohydrate; trace Dietary Fiber; 2795mg Cholesterol; 1771mg Sodium. Exchanges: 0 Grain(Starch); 10 1/2 Lean Meat; 0 Vegetable; 13 1/2 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	1766
% Calories from Fat:	79.8%
% Calories from Carbohydrates:	1.4%
% Calories from Protein:	18.7%
Total Fat (g):	159g
Saturated Fat (g):	33g
Monounsaturated Fat (g):	50g
Polyunsaturated Fat (g):	54g
Cholesterol (mg):	2795mg
Carbohydrate (g):	6g
Dietary Fiber (g):	trace

Vitamin B6 (mg):	1.5mg
Vitamin B12 (mcg):	8.7mcg
Thiamin B1 (mg):	.5mg
Riboflavin B2 (mg):	3.1mg
Folacin (mcg):	321mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

## Food Exchanges

Grain (Starch):	0
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**Protein (g):** 84g  
**Sodium (mg):** 1771mg  
**Potassium (mg):** 937mg  
**Calcium (mg):** 380mg  
**Iron (mg):** 13mg  
**Zinc (mg):** 8mg  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 3485IU  
**Vitamin A (r.e.):** 972RE

**Lean Meat:** 10 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 13 1/2  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 1766                      **Calories from Fat:** 1410

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### % Daily Values\*

**Total Fat** 159g                      245%  
     Saturated Fat 33g                      166%  
**Cholesterol** 2795mg                      932%  
**Sodium** 1771mg                      74%  
**Total Carbohydrates** 6g                      2%  
     Dietary Fiber trace                      1%  
**Protein** 84g

**Vitamin A** 70%  
**Vitamin C** 2%  
**Calcium** 38%  
**Iron** 72%

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