

Bagels and Lox Deviled Eggs

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Servings: 24

12 large eggs
1/2 cup cream cheese
1/4 cup mayonnaise
1 teaspoon Dijon mustard
2 scallions, sliced
3 ounces smoked chipped salmon
salt and pepper (to taste)
broken bagel chips (for garnish)
smoked salmon (for garnish)

In a wide pot, place the eggs and cover with cold water by one inch. Bring to a boil. Reduce the heat to medium low and simmer for 10 minutes.

Drain the eggs and run under cold water to cool slightly. Peel and halve each egg lengthwise.

Scoop out the yolks and place in a large bowl. Mash the yolks.

Add the cream cheese, mayonnaise, mustard and scallions. Stir in the smoked salmon. Season with salt and pepper. Mix well.

Spoon into the egg whites. Top with broken bagel chips and more smoked salmon.

Per Serving (excluding unknown items): 71 Calories; 6g Fat (77.5% calories from fat); 4g Protein; trace Carbohydrate; trace Dietary Fiber; 112mg Cholesterol; 65mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	71	Vitamin B6 (mg):	.1mg
% Calories from Fat:	77.5%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	2.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	20.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	6g	Folacin (mcg):	14mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	112mg	% Refuse:	0 0%

Carbohydrate (g): trace
 Dietary Fiber (g): trace
 Protein (g): 4g
 Sodium (mg): 65mg
 Potassium (mg): 44mg
 Calcium (mg): 18mg
 Iron (mg): 1mg
 Zinc (mg): trace
 Vitamin C (mg): trace
 Vitamin A (i.u.): 202IU
 Vitamin A (r.e.): 57 1/2RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving

Calories 71 Calories from Fat: 55

% Daily Values*

Total Fat	6g	9%
Saturated Fat	2g	11%
Cholesterol	112mg	37%
Sodium	65mg	3%
Total Carbohydrates	trace	0%
Dietary Fiber	trace	0%
Protein	4g	

Vitamin A	4%
Vitamin C	0%
Calcium	2%
Iron	3%

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