

Beef-Horseradish Deviled Eggs

Food Network Magazine - April 2014

Servings: 24

12 large eggs
1/2 cup mayonnaise
1 tablespoon creamy horseradish
1 teaspoon Dijon mustard
salt and pepper (to taste)
creamy horseradish (for garnish)
strips of deli-sliced roast beef (for garnish)
chopped chives (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 mayonnaise, horseradish, mustard, salt and pepper. Mix well.

Spoon into the egg whites. Top with more creamy horseradish, roast beef and chives.

Per Serving (excluding unknown items): 70 Calories; 6g Fat (80.8% calories from fat); 3g Protein; trace Carbohydrate; trace Dietary Fiber; 108mg Cholesterol; 64mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	70
% Calories from Fat:	80.8%
% Calories from Carbohydrates:	1.2%
% Calories from Protein:	18.0%
Total Fat (g):	6g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	108mg
Carbohydrate (g):	trace

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	12mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): trace
Protein (g): 3g
Sodium (mg): 64mg
Potassium (mg): 35mg
Calcium (mg): 14mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 135IU
Vitamin A (r.e.): 37 1/2RE

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 70 Calories from Fat: 57

% Daily Values*

Total Fat	6g	10%
Saturated Fat	1g	7%
Cholesterol	108mg	36%
Sodium	64mg	3%
Total Carbohydrates	trace	0%
Dietary Fiber	trace	0%
Protein	3g	

Vitamin A	3%
Vitamin C	0%
Calcium	1%
Iron	3%

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