

# Black Bean Deviled Eggs

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## Servings: 24

12 large eggs

1/2 cup prepared black bean dip

1/4 cup mayonnaise

salt and pepper (to taste)

shredded cheddar cheese (for garnish)

chopped cilantro (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 black bean dip, mayonnaise, salt and pepper. Mix well.

Spoon into the egg whites. Top with cheddar cheese and cilantro.

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Per Serving (excluding unknown items): 53 Calories; 4g Fat (74.8% calories from fat); 3g Protein; trace Carbohydrate; 0g Dietary Fiber; 107mg Cholesterol; 48mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	53
% Calories from Fat:	74.8%
% Calories from Carbohydrates:	1.5%
% Calories from Protein:	23.8%
Total Fat (g):	4g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	107mg
Carbohydrate (g):	trace

Vitamin B6 (mg):	trace
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%

## Food Exchanges

**Dietary Fiber (g):** 0g  
**Protein (g):** 3g  
**Sodium (mg):** 48mg  
**Potassium (mg):** 34mg  
**Calcium (mg):** 13mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 128IU  
**Vitamin A (r.e.):** 36 1/2RE

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

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## Nutrition Facts

Servings per Recipe: 24

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### Amount Per Serving

**Calories** 53 Calories from Fat: 40

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#### % Daily Values\*

<b>Total Fat</b>	4g	7%
Saturated Fat	1g	5%
<b>Cholesterol</b>	107mg	36%
<b>Sodium</b>	48mg	2%
<b>Total Carbohydrates</b>	trace	0%
Dietary Fiber	0g	0%
<b>Protein</b>	3g	

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<b>Vitamin A</b>	3%
<b>Vitamin C</b>	0%
<b>Calcium</b>	1%
<b>Iron</b>	3%

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