

# Cajun Deviled Eggs

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## Servings: 24

12 large eggs

1/4 cup finely chopped andouille sausage

1/4 cup green bell pepper, finely chopped

vegetable oil

1 teaspoon cajun seasoning

1 teaspoon cayenne

cayenne (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.

In a skillet, saute' the sausage, green pepper, cajun seasoning and cayenne in the vegetable oil. Let cool and mash with the yolks.

Spoon into the egg whites. Sprinkle with more cayenne.

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Per Serving (excluding unknown items): 38 Calories; 3g Fat (61.0% calories from fat); 3g Protein; trace Carbohydrate; trace Dietary Fiber; 106mg Cholesterol; 44mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	38
% Calories from Fat:	61.0%
% Calories from Carbohydrates:	4.6%
% Calories from Protein:	34.4%
Total Fat (g):	3g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	106mg
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:	0.0%

## Food Exchanges

**Dietary Fiber (g):** trace  
**Protein (g):** 3g  
**Sodium (mg):** 44mg  
**Potassium (mg):** 38mg  
**Calcium (mg):** 13mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 162IU  
**Vitamin A (r.e.):** 39RE

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

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## Nutrition Facts

Servings per Recipe: 24

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### Amount Per Serving

**Calories** 38 Calories from Fat: 23

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#### % Daily Values\*

<b>Total Fat</b>	3g	4%
Saturated Fat	1g	4%
<b>Cholesterol</b>	106mg	35%
<b>Sodium</b>	44mg	2%
<b>Total Carbohydrates</b>	trace	0%
Dietary Fiber	trace	0%
<b>Protein</b>	3g	

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<b>Vitamin A</b>	3%
<b>Vitamin C</b>	2%
<b>Calcium</b>	1%
<b>Iron</b>	3%

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