

California Roll Deviled Eggs

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Servings: 24

12 large eggs
1/3 cup mayonnaise
1/3 cup finely diced peeled cucumber
1 teaspoon soy sauce
1 teaspoon rice vinegar
1 teaspoon wasabi paste
small cubes of avocado (for garnish)
small cubes of crabmeat (for garnish)
nori (dried seaweed) flakes (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, cucumber, soy sauce, rice vinegar and wasabi paste. Mix well.

Spoon into the egg whites. Top with small cubes of avocado, crabmeat and nori flakes.

Per Serving (excluding unknown items): 59 Calories; 5g Fat (76.9% calories from fat); 3g Protein; trace Carbohydrate; trace Dietary Fiber; 107mg Cholesterol; 66mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	59
% Calories from Fat:	76.9%
% Calories from Carbohydrates:	1.5%
% Calories from Protein:	21.6%
Total Fat (g):	5g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	107mg
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%

Food Exchanges

Dietary Fiber (g): trace
Protein (g): 3g
Sodium (mg): 66mg
Potassium (mg): 35mg
Calcium (mg): 14mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 130IU
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

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving

Calories 59 Calories from Fat: 45

% Daily Values*

Total Fat	5g	8%
Saturated Fat	1g	6%
Cholesterol	107mg	36%
Sodium	66mg	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.