

# Classic Deviled Eggs

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## Servings: 24

12 large eggs  
1/2 cup mayonnaise  
1 tablespoon relish  
1 to 2 teaspoons Dijon mustard  
salt and pepper (to taste)  
paprika (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, relish, mustard, salt and pepper. Mix well.

Spoon into the egg whites. Dust with paprika.

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Per Serving (excluding unknown items): 71 Calories; 6g Fat (79.7% calories from fat); 3g Protein; trace Carbohydrate; trace Dietary Fiber; 108mg Cholesterol; 74mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	71	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	79.7%	<b>Vitamin B12 (mcg):</b>	.3mcg
<b>% Calories from Carbohydrates:</b>	2.5%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	17.8%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	6g	<b>Folacin (mcg):</b>	12mcg
<b>Saturated Fat (g):</b>	1g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	2g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	2g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	108mg	<b>% Refuse:</b>	0 0%
<b>Carbohydrate (g):</b>	trace		
<b>Dietary Fiber (g):</b>	trace		

## Food Exchanges

Grain (Starch): 0

**Protein (g):** 3g  
**Sodium (mg):** 74mg  
**Potassium (mg):** 36mg  
**Calcium (mg):** 14mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 136IU  
**Vitamin A (r.e.):** 37 1/2RE

**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:** 57

#### % Daily Values\*

<b>Total Fat</b> 6g			10%
Saturated Fat 1g			7%
<b>Cholesterol</b> 108mg			36%
<b>Sodium</b> 74mg			3%
<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>			0%
<b>Calcium</b>			1%
<b>Iron</b>			3%

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