

Creamy Stuffed Eggs

*Cindy Wilkinson - Sugar Grove, VA
Southern Living 1984 Annual Recipes*

Servings: 12

*12 hard-cooked eggs
1 package (3 ounce) cream cheese,
softened
1/4 cup mayonnaise
1/2 teaspoon chicken-flavored
bouillon granules
1/2 teaspoon prepared horseradish
pimiento-stuffed olives (for garnish),
sliced*

Hard-cook the eggs: Place the eggs in a saucepan and cover with water at least one inch above the eggs. Bring the water to a boil. Cover the pan with a lid. Turn off the heat and remove the pan from the burner, if necessary, to prevent further boiling. Let the eggs stand in hot water for at least 15 minutes. Drain and cool the eggs in cold water before shelling.

Slice the eggs in half lengthwise. Carefully remove the yolks.

In a bowl, mash the yolks. Stir in the cream cheese, mayonnaise and bouillon. Mix until smooth. Stir in the horseradish.

Stuff the egg whites with the yolk mixture.

Garnish with olive slices.

Per Serving (excluding unknown items): 178 Calories; 16g Fat (80.1% calories from fat); 8g Protein; 1g Carbohydrate; trace Dietary Fiber; 235mg Cholesterol; 146mg Sodium. Exchanges: 1 Lean Meat; 2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	178	Vitamin B6 (mg):	.1mg
% Calories from Fat:	80.1%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	2.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	17.4%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	16g	Folacin (mcg):	25mcg

Saturated Fat (g): 6g
Monounsaturated Fat (g): 5g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 235mg
Carbohydrate (g): 1g
Dietary Fiber (g): trace
Protein (g): 8g
Sodium (mg): 146mg
Potassium (mg): 88mg
Calcium (mg): 41mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 569IU
Vitamin A (r.e.): 169 1/2RE

Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 178 **Calories from Fat:** 143

% Daily Values*

Total Fat 16g		25%
Saturated Fat 6g		32%
Cholesterol 235mg		78%
Sodium 146mg		6%
Total Carbohydrates 1g		0%
Dietary Fiber trace		0%
Protein 8g		
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Vitamin A		11%
Vitamin C		0%
Calcium		4%
Iron		5%

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