

Deviled Deviled Eggs

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Yield: 12 egg halves

6 hard-boiled eggs
1/4 cup green onion, minced
3 tablespoons light mayonnaise
2 teaspoons Dijon mustard
1 teaspoon soy sauce
1 teaspoon chile paste with garlic
1 teaspoon Szechuan peppercorns
green onions (for garnish), minced

Preparation Time: 10 minutes

Toast the peppercorns in a small nonstick skillet over low heat, shaking the pan occasionally, until golden and fragrant, 3 to 5 minutes. Crush.

Shell the eggs and cut 1/4-inch off of the ends of each one (reserve the trimmings). Halve the eggs crosswise. Remove the yolks and set the whites aside. Place the yolks and the trimmings in a bowl.

Add the green onions, mayonnaise, mustard, soy sauce, chile paste and peppercorns. Mash with a fork until just smooth but not mushy.

Spoon the mixture into the reserved egg whites or pipe it with a pastry tube.

Sprinkle with green onions for garnish.

Start to Finish Time: 10 minutes

Chile Paste with Garlic and Szechuan Peppercorns are available at Asian markets and add heat to this Asian fusion version of deviled eggs. Adapted from the "New Basics Cookbook".

Per Serving (excluding unknown items): 587 Calories; 41g Fat (63.7% calories from fat); 39g Protein; 13g Carbohydrate; 1g Dietary Fiber; 1288mg Cholesterol; 1068mg Sodium. Exchanges: 5 1/2 Lean Meat; 1/2 Vegetable; 5 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	587	Vitamin B6 (mg):	.4mg
% Calories from Fat:	63.7%	Vitamin B12 (mcg):	3.3mcg
% Calories from Carbohydrates:	9.3%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	27.0%	Riboflavin B2 (mg):	1.5mg

Total Fat (g): 41g
Saturated Fat (g): 11g
Monounsaturated Fat (g): 15g
Polyunsaturated Fat (g): 9g
Cholesterol (mg): 1288mg
Carbohydrate (g): 13g
Dietary Fiber (g): 1g
Protein (g): 39g
Sodium (mg): 1068mg
Potassium (mg): 473mg
Calcium (mg): 177mg
Iron (mg): 4mg
Zinc (mg): 3mg
Vitamin C (mg): 5mg
Vitamin A (i.u.): 1772IU
Vitamin A (r.e.): 513 1/2RE

Folacin (mcg): 149mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 5 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 5
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 587 **Calories from Fat:** 374

% Daily Values*

Total Fat	41g	63%
Saturated Fat	11g	56%
Cholesterol	1288mg	429%
Sodium	1068mg	44%
Total Carbohydrates	13g	4%
Dietary Fiber	1g	4%
Protein	39g	
Vitamin A		35%
Vitamin C		8%
Calcium		18%
Iron		23%

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