

# Deviled Eggs with Lemon

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## **Yield: 18 deviled egg halves**

*1 dozen large eggs*  
*1 1/2 tablespoons Italian parsley, finely chopped*  
*1/8 teaspoon pepper*  
*1/4 teaspoon salt*  
*2 teaspoons olive oil*  
*1/4 cup mayonnaise*  
*2 teaspoons lemon zest*  
*Italian parsley (for garnish), finely chopped*

## **Preparation Time: 15 minutes**

Place the eggs in a pot and cover with water. Bring to a rolling boil. When the water reaches the boiling point, turn the heat off and put a lid on the pot. Set aside for 20 minutes.

Peel and discard all of the egg shells. Take three of the eggs and remove the yolk; discard the whites. With the remaining hard-boiled eggs, carefully slice through the egg lengthwise and remove the yolks.

Place all of the yolks in a bowl. Add the parsley, salt, pepper, olive oil, mayonnaise and lemon zest. Combine well with a fork. The consistency should be smooth. Add olive oil if needed and taste for seasoning.

Transfer the egg yolk material to a plastic bag, maneuvering it to one corner of the bag. With scissors, snip a small opening in the corner of the bag. Fill the egg white halves with the yolk mixture.

Garnish with the Italian parsley or chopped scallions.

Start to Finish Time: 45 minutes

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Per Serving (excluding unknown items): 1373 Calories; 116g Fat (75.6% calories from fat); 76g Protein; 8g Carbohydrate; 1g Dietary Fiber; 2605mg Cholesterol; 1605mg Sodium. Exchanges: 0 Grain(Starch); 10 Lean Meat; 0 Vegetable; 0 Fruit; 12 Fat.

Appetizers

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	1373	<b>Vitamin B6 (mg):</b>	1.0mg
<b>% Calories from Fat:</b>	75.6%	<b>Vitamin B12 (mcg):</b>	6.1mcg
<b>% Calories from Carbohydrates:</b>	2.5%	<b>Thiamin B1 (mg):</b>	.4mg
<b>% Calories from Protein:</b>	21.9%	<b>Riboflavin B2 (mg):</b>	3.0mg
<b>Total Fat (g):</b>	116g	<b>Folacin (mcg):</b>	295mcg
<b>Saturated Fat (g):</b>	26g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	42g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	32g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	2605mg	<b>% Refuse:</b>	n n%
<b>Carbohydrate (g):</b>	8g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	1g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	76g	<b>Lean Meat:</b>	10
<b>Sodium (mg):</b>	1605mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	785mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	322mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	9mg	<b>Fat:</b>	12
<b>Zinc (mg):</b>	7mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	13mg		
<b>Vitamin A (i.u.):</b>	4259IU		
<b>Vitamin A (r.e.):</b>	1206 1/2RE		

**Nutrition Facts**

<b>Amount Per Serving</b>	
<b>Calories</b> 1373	Calories from Fat: 1038
<b>% Daily Values*</b>	
<b>Total Fat</b> 116g	178%
Saturated Fat 26g	132%
<b>Cholesterol</b> 2605mg	868%
<b>Sodium</b> 1605mg	67%
<b>Total Carbohydrates</b> 8g	3%
Dietary Fiber 1g	3%
<b>Protein</b> 76g	
<b>Vitamin A</b>	85%
<b>Vitamin C</b>	21%
<b>Calcium</b>	32%
<b>Iron</b>	52%

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