

# Deviled Eggs with Pancetta and Tarragon

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**Servings: 12**

**Yield: 24 pieces**

*2 ounces pancetta or ham*

*12 hard-cooked eggs, cooled and peeled*

*2 tablespoons fresh tarragon, chopped and divided*

*1 tablespoon fresh chives, chopped*

*2 tablespoons Parmigiano-Reggiano cheese, finely grated*

*1 tablespoon Dijon mustard*

*2 tablespoons sour cream*

*2 tablespoons mayonnaise*

*1 teaspoon lemon juice*

*1 teaspoon coarse salt*

*1 teaspoon freshly ground black pepper*

Finely dice the pancetta and cook in a skillet over medium heat until golden brown, about 6 minutes. Drain and let cool.

Slice the eggs into halves lengthwise and scoop the egg yolks into a bowl. Set the whites aside.

Add one tablespoon of the tarragon, chives, cheese, mustard, sour cream, mayonnaise, lemon juice, salt and pepper to the egg yolks. Mix until thoroughly combined. Taste and adjust the seasoning with salt and pepper as needed.

Spoon the yolk mixture back into the egg white halves and garnish with a sprinkle of the remaining tarragon.

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Per Serving (excluding unknown items): 101 Calories; 8g Fat (70.3% calories from fat); 6g Protein; 1g Carbohydrate; trace Dietary Fiber; 214mg Cholesterol; 249mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	101	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	70.3%	<b>Vitamin B12 (mcg):</b>	.6mcg
<b>% Calories from Carbohydrates:</b>	3.7%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	26.0%	<b>Riboflavin B2 (mg):</b>	.3mg
<b>Total Fat (g):</b>	8g	<b>Folacin (mcg):</b>	23mcg
<b>Saturated Fat (g):</b>	2g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	3g	<b>Caffeine (mg):</b>	0mg
		<b>Alcohol (kcal):</b>	0

<b>Polyunsaturated Fat (g):</b>	2g
<b>Cholesterol (mg):</b>	214mg
<b>Carbohydrate (g):</b>	1g
<b>Dietary Fiber (g):</b>	trace
<b>Protein (g):</b>	6g
<b>Sodium (mg):</b>	249mg
<b>Potassium (mg):</b>	74mg
<b>Calcium (mg):</b>	32mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	trace
<b>Vitamin A (i.u.):</b>	320IU
<b>Vitamin A (r.e.):</b>	92 1/2RE

**% Daily Value** 0 0%

### Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	1
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

**Calories** 101 Calories from Fat: 71

### % Daily Values\*

<b>Total Fat</b> 8g	12%
Saturated Fat 2g	11%
<b>Cholesterol</b> 214mg	71%
<b>Sodium</b> 249mg	10%
<b>Total Carbohydrates</b> 1g	0%
Dietary Fiber trace	0%
<b>Protein</b> 6g	
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<b>Vitamin A</b>	6%
<b>Vitamin C</b>	1%
<b>Calcium</b>	3%
<b>Iron</b>	4%

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