

# Fried Deviled Eggs

*Celebrating Easter Together  
Publix Aprons*

## Servings: 12

*6 hard-cooked eggs  
3 tablespoons light mayonnaise  
1 teaspoon lemon juice  
1 teaspoon sriracha sauce  
1/2 teaspoon Kosher salt, divided  
1/4 teaspoon pepper  
1 quart-size zip-top bag  
1/4 cup flour  
1/2 cup egg substitute (or two eggs  
beaten)  
1 cup plain panko breadcrumbs  
1/4 cup canola oil  
1/4 teaspoon paprika (optional)*

Cut the boiled eggs in half and remove the yolks.

Transfer the yolks to a small bowl. Mash the yolks until smooth. Stir in the mayonnaise, lemon juice, sriracha, 1/4 teaspoon salt and pepper. Mix well until blended. Transfer the mixture to the zip-top bag. Set aside.

Place the flour in a shallow bowl. Place the egg substitute into a second bowl. Place the breadcrumbs in a third bowl. Dip the egg white halves in the flour (coating all sides). Then dip the whites into the eggs (allowing any excess to drip off). Finally, dip into the breadcrumbs.

Place the oil in a small saucepan on medium-high for 2 to 3 minutes. Place four egg halves in the pan. Cook for 1 minute, turning occasionally, or until browned and crisp. Remove from the pan. Sprinkle with one-third of the remaining salt. Place on paper towels to drain. Repeat with the remaining eggs.

Squeeze the egg mixture into one corner of the bag. Cut the corner off and fill each egg half. Sprinkle with paprika. Serve immediately.

Start to Finish Time: 20 minutes

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Per Serving (excluding unknown items): 97 Calories; 8g Fat (73.7% calories from fat); 3g Protein; 3g Carbohydrate; trace Dietary Fiber; 107mg Cholesterol; 128mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Appetizers

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	97	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	73.7%	<b>Vitamin B12 (mcg):</b>	.3mcg
<b>% Calories from Carbohydrates:</b>	12.1%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	14.2%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	8g	<b>Folacin (mcg):</b>	12mcg
<b>Saturated Fat (g):</b>	1g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	4g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	2g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	107mg	<b>% Refused:</b>	n.n%
<b>Carbohydrate (g):</b>	3g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	trace	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	3g	<b>Lean Meat:</b>	1/2
<b>Sodium (mg):</b>	128mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	36mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	13mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	trace	<b>Fat:</b>	1 1/2
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	trace		
<b>Vitamin A (i.u.):</b>	140IU		
<b>Vitamin A (r.e.):</b>	42RE		

**Nutrition Facts**

Servings per Recipe: 12

**Amount Per Serving**

**Calories** 97 **Calories from Fat:** 72

**% Daily Values\***

<b>Total Fat</b> 8g	12%
Saturated Fat 1g	6%
<b>Cholesterol</b> 107mg	36%
<b>Sodium</b> 128mg	5%
<b>Total Carbohydrates</b> 3g	1%
Dietary Fiber trace	0%
<b>Protein</b> 3g	
<b>Vitamin A</b>	3%
<b>Vitamin C</b>	0%
<b>Calcium</b>	1%
<b>Iron</b>	2%

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