

# Fried Deviled Eggs

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## Servings: 12

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

Peel the eggs. Cut in half lengthwise and remove the yolks to a small bowl. Mash until smooth. Stir in the mayonnaise, lemon juice, sriracha, pepper and 1/4 teaspoon of salt until blended. Transfer the mixture to a zip-top bag. Seal and set aside.

Place the flour in a shallow bowl. Place the egg substitute in a second bowl. Place the bread crumbs in a third bowl.

Dip the egg white halves in flour (coating all sides), then dip into the egg (allowing the excess to drip off) and, finally, dip into the bread crumbs.

Heat 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. Place on paper towels to drain. Sprinkle with one third of the remaining salt. Repeat with the remaining egg halves.

Squeeze the egg yolk mixture to a corner of the bag. Cut the corner off and squeeze the mixture evenly into each egg half. Sprinkle with paprika, if desired.

Serve immediately.

Per Serving (excluding unknown items): 97 Calories; 8g Fat (7 calories from fat); 3g Protein; Carbohydrate; trace Dietary Fiber; 107mg Cholesterol; 128mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Fat; 0 Other Carbohydrates.