

Frito Pie Deviled Eggs

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Servings: 24

12 large eggs
1/2 cup mayonnaise
1 tablespoon relish
1 teaspoon Dijon mustard
salt and pepper (to taste)
1/2 cup crushed Fritos (or other corn chips)
1 chopped scallion
warm chili (for garnish)
shredded cheddar (for garnish)
sliced scallions (for garnish)

In a wide pot, place the eggs and cover with cold water by one inch. Bring to a boil. Reduce the heat to medium low and simmer for 10 minutes.

Drain the eggs and run under cold water to cool slightly. Peel and halve each egg lengthwise.

Scoop out the yolks and place in a large bowl. Add the mayonnaise, relish, mustard, salt and pepper. Mash together.

Add the Fritos and scallions, Mix well.

Spoon into the egg whites. Top with warm chili, cheddar and scallions.

Per Serving (excluding unknown items): 71 Calories; 6g Fat (79.6% calories from fat); 3g Protein; trace Carbohydrate; trace Dietary Fiber; 108mg Cholesterol; 69mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	71
% Calories from Fat:	79.6%
% Calories from Carbohydrates:	2.6%
% Calories from Protein:	17.8%
Total Fat (g):	6g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	108mg
Carbohydrate (g):	trace

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	13mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): trace
Protein (g): 3g
Sodium (mg): 69mg
Potassium (mg): 37mg
Calcium (mg): 14mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 138IU
Vitamin A (r.e.): 38RE

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

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving

Calories 71 Calories from Fat: 57

% Daily Values*

Total Fat 6g			10%
Saturated Fat 1g			7%
Cholesterol 108mg			36%
Sodium 69mg			3%
Total Carbohydrates trace			0%
Dietary Fiber trace			0%
Protein 3g			

Vitamin A			3%
Vitamin C			0%
Calcium			1%
Iron			3%

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