

# Green Eggs and Ham Deviled Eggs

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## Servings: 24

12 large eggs  
1/3 cup mayonnaise  
1/4 cup chopped parsley  
1/4 cup scallions  
2 tablespoons capers  
strips of deli-sliced ham (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. Mash the yolks.

Add the mayonnaise, parsley, scallions and capers. Puree the mixture in a blender or food processor.

Spoon into the egg whites. Top with strips of ham.

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Per Serving (excluding unknown items): 59 Calories; 5g Fat (76.4% calories from fat); 3g Protein; trace Carbohydrate; trace Dietary Fiber; 107mg Cholesterol; 59mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	59	Vitamin B6 (mg):	.1mg
% Calories from Fat:	76.4%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	2.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	21.6%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	5g	Folacin (mcg):	14mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	107mg	% Refuse:	0 0%

Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	59mg
Potassium (mg):	41mg
Calcium (mg):	15mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	167IU
Vitamin A (r.e.):	40 1/2RE

## Food Exchanges

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

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## Nutrition Facts

Servings per Recipe: 24

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### Amount Per Serving

**Calories** 59 Calories from Fat: 45

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### % Daily Values\*

<b>Total Fat</b> 5g	8%
Saturated Fat 1g	6%
<b>Cholesterol</b> 107mg	36%
<b>Sodium</b> 59mg	2%
<b>Total Carbohydrates</b> trace	0%
Dietary Fiber trace	0%
<b>Protein</b> 3g	

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<b>Vitamin A</b>	3%
<b>Vitamin C</b>	2%
<b>Calcium</b>	2%
<b>Iron</b>	3%

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