

Nacho Deviled Eggs

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Servings: 24

12 large eggs
1/3 cup mayonnaise
3/4 cup shredded cheddar cheese
2 tablespoons minced pickled jalapeno peppers
salsa (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, cheddar and jalapenos. Mix well.

Spoon into the egg whites. Top with salsa.

Per Serving (excluding unknown items): 73 Calories; 6g Fat (76.5% calories from fat); 4g Protein; trace Carbohydrate; 0g Dietary Fiber; 111mg Cholesterol; 74mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	73	Vitamin B6 (mg):	.1mg
% Calories from Fat:	76.5%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	1.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	22.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	6g	Folacin (mcg):	13mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	111mg	% Refuse:	0 0%
Carbohydrate (g):	trace	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0

Protein (g): 4g
Sodium (mg): 74mg
Potassium (mg): 38mg
Calcium (mg): 39mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 168IU
Vitamin A (r.e.): 48RE

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 73 Calories from Fat: 56

% Daily Values*

Total Fat	6g	10%
Saturated Fat	2g	9%
Cholesterol	111mg	37%
Sodium	74mg	3%
Total Carbohydrates	trace	0%
Dietary Fiber	0g	0%
Protein	4g	
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Vitamin A		3%
Vitamin C		0%
Calcium		4%
Iron		3%

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