

# Pickled Beet Deviled Eggs II

Food Network Magazine - April 2014

## Servings: 24

12 large eggs  
1 cup beet juice (from a can of beets)  
1/4 cup mayonnaise  
3 tablespoons horseradish  
3 tablespoons sour cream  
salt and pepper (to taste)  
thinly sliced cooked beets (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.

In a shallow dish, place the egg whites with one cup of beet juice. Cover and refrigerate until pink, about one hour.

Add the mayonnaise, horseradish, sour cream, salt and pepper to the egg yolks. Mash together.

Remove the egg whites from the beet juice and pat dry with paper towels.

Spoon the egg mixture into the egg whites. Top with sliced beets.

---

Per Serving (excluding unknown items): 58 Calories; 5g Fat (74.3% calories from fat); 3g Protein; trace Carbohydrate; trace Dietary Fiber; 108mg Cholesterol; 51mg Sodium. Exchanges: 1/2 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	58	Vitamin B6 (mg):	trace
% Calories from Fat:	74.3%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	3.3%	Thiamin B1 (mg):	trace

**% Calories from Protein:** 22.3%  
**Total Fat (g):** 5g  
**Saturated Fat (g):** 1g  
**Monounsaturated Fat (g):** 2g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 108mg  
**Carbohydrate (g):** trace  
**Dietary Fiber (g):** trace  
**Protein (g):** 3g  
**Sodium (mg):** 51mg  
**Potassium (mg):** 43mg  
**Calcium (mg):** 17mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 143IU  
**Vitamin A (r.e.):** 40 1/2RE

**Riboflavin B2 (mg):** .1mg  
**Folacin (mcg):** 12mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

### Food Exchanges

**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** 58 **Calories from Fat:** 43

### % Daily Values\*

<b>Total Fat</b>	5g	7%
Saturated Fat	1g	6%
<b>Cholesterol</b>	108mg	36%
<b>Sodium</b>	51mg	2%
<b>Total Carbohydrates</b>	trace	0%
Dietary Fiber	trace	0%
<b>Protein</b>	3g	
<hr/>		
<b>Vitamin A</b>		3%
<b>Vitamin C</b>		1%
<b>Calcium</b>		2%
<b>Iron</b>		3%

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