

Pickled Beet Deviled Eggs

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*1 can (15 ounce) pickled beets
3/4 cup white vinegar
1/4 cup sugar
1/2 cup water
3/4 teaspoon salt
8 whole hard-boiled eggs, peeled
1/4 cup mayonnaise
1/4 teaspoon celery salt
1/4 teaspoon dry mustard
1/4 teaspoon freshly ground pepper
2 dashes hot sauce
minced chives (for garnish)*

In a saucepan, combine the beets, vinegar, sugar, water and salt. Simmer until the sugar dissolves. Let cool.

In a bowl, pour the beet mixture over the hard-boiled eggs. Refrigerate at least eight hours or overnight.

Drain and dry the eggs. Cut in half lengthwise.

Put the yolks in a bowl and the whites on a plate.

Mash the yolks with the mayonnaise, celery salt, mustard, pepper and hot sauce.

Spoon or pipe the mixture into the whites.

Top with minced chives.

Per Serving (excluding unknown items): 765 Calories; 47g Fat (51.3% calories from fat); 3g Protein; 98g Carbohydrate; 4g Dietary Fiber; 19mg Cholesterol; 2944mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 4 Fat; 4 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	765	Vitamin B6 (mg):	.4mg
% Calories from Fat:	51.3%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	47.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	47g	Folacin (mcg):	77mcg
Saturated Fat (g):	7g	Niacin (mg):	1mg

Monounsaturated Fat (g): 13g
Polyunsaturated Fat (g): 23g
Cholesterol (mg): 19mg
Carbohydrate (g): 98g
Dietary Fiber (g): 4g
Protein (g): 3g
Sodium (mg): 2944mg
Potassium (mg): 548mg
Calcium (mg): 63mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 6mg
Vitamin A (i.u.): 185IU
Vitamin A (r.e.): 33 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 2 1/2
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 4
Other Carbohydrates: 4

Nutrition Facts

Amount Per Serving

Calories 765 Calories from Fat: 392

% Daily Values*

Total Fat	47g	73%
Saturated Fat	7g	33%
Cholesterol	19mg	6%
Sodium	2944mg	123%
Total Carbohydrates	98g	33%
Dietary Fiber	4g	14%
Protein	3g	
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Vitamin A		4%
Vitamin C		10%
Calcium		6%
Iron		14%

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