

Pimiento Cheese 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 shredded cheddar cheese
1/4 cup chopped pimientos
chopped chives (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 cheddar cheese and pimientos. Mix well.

Spoon into the egg whites. Top with chives.

Per Serving (excluding unknown items): 80 Calories; 7g Fat (79.1% calories from fat); 4g Protein; trace Carbohydrate; trace Dietary Fiber; 110mg Cholesterol; 83mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	80
% Calories from Fat:	79.1%
% Calories from Carbohydrates:	2.3%
% Calories from Protein:	18.6%
Total Fat (g):	7g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	110mg
Carbohydrate (g):	trace

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	13mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0%

Food Exchanges

Dietary Fiber (g): trace
Protein (g): 4g
Sodium (mg): 83mg
Potassium (mg): 38mg
Calcium (mg): 31mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 161IU
Vitamin A (r.e.): 45RE

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 80 **Calories from Fat:** 64

% Daily Values*

Total Fat 7g	11%
Saturated Fat 2g	9%
Cholesterol 110mg	37%
Sodium 83mg	3%
Total Carbohydrates trace	0%
Dietary Fiber trace	0%
Protein 4g	

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

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