

Prosciutto Wrapped Deviled Eggs

dashrecipes.com

Dash Magazine - June 2013

8 hard-boiled eggs
1/4 cup mayonnaise
3 tablespoons pepperoncini, minced
3 tablespoons sun-dried tomatoes, minced
1 teaspoon lemon juice
1/2 teaspoon Kosher salt
1/4 teaspoon freshly ground pepper
4 pieces prosciutto, each cut into four long strips

Slice the eggs in half lengthwise. Put the whites in a bowl and the whites on a plate.

Mash the yolks with the mayonnaise, pepperoncini, tomatoes, lemon juice, Kosher salt and pepper.

Spoon or pipe the egg yolks into the whites.

Wrap one strip of prosciutto around each egg.

Per Serving (excluding unknown items): 2810 Calories; 165g Fat (53.9% calories from fat); 305g Protein; 13g Carbohydrate; 1g Dietary Fiber; 2350mg Cholesterol; 26394mg Sodium. Exchanges: 1/2 Grain(Starch); 43 1/2 Lean Meat; 0 Fruit; 8 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	2810	Vitamin B6 (mg):	4.6mg
% Calories from Fat:	53.9%	Vitamin B12 (mcg):	12.5mcg
% Calories from Carbohydrates:	1.9%	Thiamin B1 (mg):	5.4mg
% Calories from Protein:	44.2%	Riboflavin B2 (mg):	4.2mg
Total Fat (g):	165g	Folacin (mcg):	233mcg
Saturated Fat (g):	45g	Niacin (mg):	36mg
Monounsaturated Fat (g):	63g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	37g	Alcohol (kcal):	0
Cholesterol (mg):	2350mg	% Refuse:	n n%
Carbohydrate (g):	13g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1/2
Protein (g):	305g	Lean Meat:	43 1/2
Sodium (mg):	26394mg	Vegetable:	0
Potassium (mg):	5484mg	Fruit:	0
Calcium (mg):	314mg	Non-Fat Milk:	0
Iron (mg):	16mg	Fat:	8
Zinc (mg):	30mg	Other Carbohydrates:	0
Vitamin C (mg):	6mg		
Vitamin A (i.u.):	2478IU		
Vitamin A (r.e.):	711RE		

Nutrition Facts

Amount Per Serving

Calories 2810 **Calories from Fat:** 1514

% Daily Values*

Total Fat	165g	254%
Saturated Fat	45g	224%
Cholesterol	2350mg	783%
Sodium	26394mg	1100%
Total Carbohydrates	13g	4%
Dietary Fiber	1g	5%
Protein	305g	

Vitamin A	50%
Vitamin C	10%
Calcium	31%
Iron	89%

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