

Spicy Jerk Deviled Eggs

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Servings: 24

12 large eggs
1/3 cup mayonnaise
1 tablespoon mango chutney
1 tablespoon chopped cilantro
1 tablespoon chopped red onion
1 teaspoon jerk seasoning
1/2 diced jalapeno pepper
salt (to taste)
cayenne (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, mango chutney, cilantro, red onion, jerk seasoning, jalapeno and salt. Mix well.

Spoon into the egg whites. Sprinkle with cayenne.

Per Serving (excluding unknown items): 60 Calories; 5g Fat (75.1% calories from fat); 3g Protein; 1g Carbohydrate; trace Dietary Fiber; 107mg Cholesterol; 52mg Sodium. Exchanges: 1/2 Lean Meat; 0 Fruit; 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|-------|
| Calories (kcal): | 60 | Vitamin B6 (mg): | .1mg |
| % Calories from Fat: | 75.1% | Vitamin B12 (mcg): | .3mcg |
| % Calories from Carbohydrates: | 4.0% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 21.0% | Riboflavin B2 (mg): | .1mg |
| Total Fat (g): | 5g | Folacin (mcg): | 12mcg |
| Saturated Fat (g): | 1g | Niacin (mg): | trace |
| Monounsaturated Fat (g): | 2g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 2g | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 107mg | % Refuse: | 0.0% |

Carbohydrate (g): 1g
Dietary Fiber (g): trace
Protein (g): 3g
Sodium (mg): 52mg
Potassium (mg): 35mg
Calcium (mg): 14mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 139IU
Vitamin A (r.e.): 37 1/2RE

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 60 **Calories from Fat:** 45

% Daily Values*

| | | |
|-------------------------------|--|-----|
| Total Fat 5g | | 8% |
| Saturated Fat 1g | | 6% |
| Cholesterol 107mg | | 36% |
| Sodium 52mg | | 2% |
| Total Carbohydrates 1g | | 0% |
| Dietary Fiber trace | | 0% |
| Protein 3g | | |

| | | |
|------------------|--|----|
| Vitamin A | | 3% |
| Vitamin C | | 0% |
| Calcium | | 1% |
| Iron | | 3% |

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