

Spicy Mustard Eggs

Tony Jones - Atlanta, GA
Southern Living 1984 Annual Recipes

Servings: 6

6 hard-cooked eggs
2 tablespoons butter or margarine,
softened
2 tablespoons mayonnaise
1 teaspoon Dijon mustard
1/2 teaspoon white pepper
1/4 teaspoon curry powder
chopped chives
paprika

Hard-cook the eggs: Place the eggs in a saucepan and cover with water at least one inch above the eggs. Bring the water to a boil. Cover the pan with a lid. Turn off the heat and remove the pan from the burner, if necessary, to prevent further boiling. Let the eggs stand in hot water for at least 15 minutes. Drain and cool the eggs in cold water before shelling.

Slice the eggs in half lengthwise. Carefully remove the yolks.

In a bowl, mash the yolks. Stir in the butter and mayonnaise. Add the mustard, pepper and curry powder. Stir well.

Stuff the egg whites with the yolk mixture. Garnish with chives and paprika.

Per Serving (excluding unknown items): 146 Calories; 13g Fat (80.2% calories from fat); 6g Protein; 1g Carbohydrate; trace Dietary Fiber; 224mg Cholesterol; 138mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|-------|
| Calories (kcal): | 146 | Vitamin B6 (mg): | .1mg |
| % Calories from Fat: | 80.2% | Vitamin B12 (mcg): | .6mcg |
| % Calories from Carbohydrates: | 2.2% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 17.6% | Riboflavin B2 (mg): | .3mg |
| Total Fat (g): | 13g | Folacin (mcg): | 23mcg |
| Saturated Fat (g): | 5g | Niacin (mg): | trace |
| | | | 0mg |

Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 224mg
Carbohydrate (g): 1g
Dietary Fiber (g): trace
Protein (g): 6g
Sodium (mg): 138mg
Potassium (mg): 68mg
Calcium (mg): 29mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 438IU
Vitamin A (r.e.): 122 1/2RE

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

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 146 **Calories from Fat:** 117

% Daily Values*

| | | |
|-------------------------------|--|-----|
| Total Fat 13g | | 20% |
| Saturated Fat 5g | | 23% |
| Cholesterol 224mg | | 75% |
| Sodium 138mg | | 6% |
| Total Carbohydrates 1g | | 0% |
| Dietary Fiber trace | | 0% |
| Protein 6g | | |
| <hr/> | | |
| Vitamin A | | 9% |
| Vitamin C | | 0% |
| Calcium | | 3% |
| Iron | | 4% |

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