

Toasted Sesame Deviled Eggs

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Servings: 24

12 large eggs

1/2 cup mayonnaise

1 tablespoon toasted sesame oil

salt (to taste)

toasted sesame seeds (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, sesame oil and salt. Mix well.

Spoon into the egg whites. Top with sesame seeds.

Per Serving (excluding unknown items): 70 Calories; 6g Fat (80.9% calories from fat); 3g Protein; trace Carbohydrate; 0g Dietary Fiber; 108mg Cholesterol; 61mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	70
% Calories from Fat:	80.9%
% Calories from Carbohydrates:	1.1%
% Calories from Protein:	18.0%
Total Fat (g):	6g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	108mg
Carbohydrate (g):	trace

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	12mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 0g
Protein (g): 3g
Sodium (mg): 61mg
Potassium (mg): 35mg
Calcium (mg): 14mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 135IU
Vitamin A (r.e.): 37 1/2RE

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 70 Calories from Fat: 57

% Daily Values*

Total Fat	6g	10%
Saturated Fat	1g	7%
Cholesterol	108mg	36%
Sodium	61mg	3%
Total Carbohydrates	trace	0%
Dietary Fiber	0g	0%
Protein	3g	

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

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