

Triple Onion Deviled Eggs

Food Network Magazine - April 2014

Servings: 24

12 large eggs

1/2 cup prepared French onion dip

3 tablespoons chopped scallions

canned French-fried onions (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 French onion dip and scallions. Mix well.

Spoon into the egg whites. Garnish with French-fried onions.

Per Serving (excluding unknown items): 37 Calories; 2g Fat (62.1% calories from fat); 3g Protein; trace Carbohydrate; trace Dietary Fiber; 106mg Cholesterol; 35mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 0 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	37
% Calories from Fat:	62.1%
% Calories from Carbohydrates:	2.8%
% Calories from Protein:	35.1%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	106mg
Carbohydrate (g):	trace

Vitamin B6 (mg):	trace
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%

Food Exchanges

Dietary Fiber (g): trace
Protein (g): 3g
Sodium (mg): 35mg
Potassium (mg): 36mg
Calcium (mg): 14mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 125IU
Vitamin A (r.e.): 35 1/2RE

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

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving

Calories 37 **Calories from Fat:** 23

% Daily Values*

Total Fat 2g	4%
Saturated Fat 1g	4%
Cholesterol 106mg	35%
Sodium 35mg	1%
Total Carbohydrates trace	0%
Dietary Fiber trace	0%
Protein 3g	
Vitamin A	2%
Vitamin C	0%
Calcium	1%
Iron	3%

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