

Bacon and Egg Filling

Sonia Uvezian
The International Appetizer Cookbook (1984)

Yield: 1 cup
4 hard-cooked eggs, sieved
1 tablespoon mild onion or scallions
(including two inches of green tops),
very finely chopped
3 tablespoons mayonnaise
1 tablespoon Dijon-style mustard
2 slices bacon, cooked crisp and
crumbled
salt (to taste)
freshly ground pepper (to taste)

In a bowl, combine all of the ingredients. Blend
thoroughly.

Taste and adjust the seasoning.

Cover and refrigerate.

Per Serving (excluding unknown
items): 690 Calories; 63g Fat
(81.0% calories from fat); 30g
Protein; 3g Carbohydrate; trace
Dietary Fiber; 873mg Cholesterol;
872mg Sodium. Exchanges: 4
Lean Meat; 6 Fat; 0 Other
Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	690	Vitamin B6 (mg):	.5mg
% Calories from Fat:	81.0%	Vitamin B12 (mcg):	2.5mcg
% Calories from Carbohydrates:	1.9%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	17.2%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	63g	Folacin (mcg):	93mcg
Saturated Fat (g):	14g	Niacin (mg):	1mg
Monounsaturated Fat (g):	21g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	21g	Alcohol (kcal):	0
Cholesterol (mg):	873mg	% Daily Value:	on on%
Carbohydrate (g):	3g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	30g	Lean Meat:	4
Sodium (mg):	872mg	Vegetable:	0

Potassium (mg): 347mg
Calcium (mg): 122mg
Iron (mg): 3mg
Zinc (mg): 3mg
Vitamin C (mg): 4mg
Vitamin A (i.u.): 1236IU
Vitamin A (r.e.): 359RE

Fruit: 0
Non-Fat Milk: 0
Fat: 6
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 690 **Calories from Fat:** 558

% Daily Values*

Total Fat	63g	97%
Saturated Fat	14g	68%
Cholesterol	873mg	291%
Sodium	872mg	36%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	2%
Protein	30g	
Vitamin A		25%
Vitamin C		7%
Calcium		12%
Iron		17%

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