

Curried 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 butter, room
temperature
1/2 teaspoon curry powder
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): 618 Calories; 56g Fat
(81.5% calories from fat); 26g
Protein; 3g Carbohydrate; trace
Dietary Fiber; 941mg Cholesterol;
600mg Sodium. Exchanges: 0
Grain(Starch); 3 1/2 Lean Meat; 9
Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	618	Vitamin B6 (mg):	.2mg
% Calories from Fat:	81.5%	Vitamin B12 (mcg):	2.3mcg
% Calories from Carbohydrates:	1.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	16.6%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	56g	Folacin (mcg):	91mcg
Saturated Fat (g):	28g	Niacin (mg):	trace
Monounsaturated Fat (g):	18g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	941mg	% Daily Value:	on on%
Carbohydrate (g):	3g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	26g	Lean Meat:	3 1/2
Sodium (mg):	600mg	Vegetable:	0
Potassium (mg):	279mg	Fruit:	0

Calcium (mg): 115mg
Iron (mg): 3mg
Zinc (mg): 2mg
Vitamin C (mg): trace
Vitamin A (i.u.): 2431IU
Vitamin A (r.e.): 659RE

Non-Fat Milk: 0
Fat: 9
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 618 Calories from Fat: 504

% Daily Values*

Total Fat 56g 86%
 Saturated Fat 28g 140%
Cholesterol 941mg 314%
Sodium 600mg 25%
Total Carbohydrates 3g 1%
 Dietary Fiber trace 1%
Protein 26g

Vitamin A 49%
Vitamin C 0%
Calcium 12%
Iron 15%

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