

Egg and Olive 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
3 tablespoons pimiento-stuffed olives,
minced
3 tablespoons celery, minced
3 tablespoons parsley, minced
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): 625 Calories; 57g Fat (80.3% calories from fat); 27g Protein; 5g Carbohydrate; 1g Dietary Fiber; 862mg Cholesterol; 696mg Sodium. Exchanges: 3 1/2 Lean Meat; 1/2 Vegetable; 5 Fat; 0 Other Carbohydrates.

Appetizers

Der Serving Nutritional Analysis

Calories (kcal):	625
% Calories from Fat:	80.3%
% Calories from Carbohydrates:	3.0%
% Calories from Protein:	16.8%
Total Fat (g):	57g
Saturated Fat (g):	11g
Monounsaturated Fat (g):	18g
Polyunsaturated Fat (g):	20g
Cholesterol (mg):	862mg
Carbohydrate (g):	5g
Dietary Fiber (g):	1g

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	2.3mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	1.0mg
Folacin (mcg):	116mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	n/a%

Food Exchanges

Grain (Starch):

0

Protein (g): 27g
Sodium (mg): 696mg
Potassium (mg): 412mg
Calcium (mg): 145mg
Iron (mg): 4mg
Zinc (mg): 2mg
Vitamin C (mg): 17mg
Vitamin A (i.u.): 1851IU
Vitamin A (r.e.): 420 1/2RE

Lean Meat: 3 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 5
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 625 Calories from Fat: 501

% Daily Values*

Total Fat	57g	88%
Saturated Fat	11g	57%
Cholesterol	862mg	287%
Sodium	696mg	29%
Total Carbohydrates	5g	2%
Dietary Fiber	1g	5%
Protein	27g	

Vitamin A	37%
Vitamin C	28%
Calcium	14%
Iron	20%

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