

# Herb Egg Filling

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*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  
fresh parsley (to taste), minced  
fresh chives (to taste), minced  
fresh tarragon, basil or dill (to taste),  
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.

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Per Serving (excluding unknown items): 617 Calories; 57g Fat (81.3% calories from fat); 26g Protein; 3g Carbohydrate; trace Dietary Fiber; 862mg Cholesterol; 670mg Sodium. Exchanges: 3 1/2 Lean Meat; 5 Fat; 0 Other Carbohydrates.

## Appetizers

### Per Serving Nutritional Analysis

Calories (kcal):	617
% Calories from Fat:	81.3%
% Calories from Carbohydrates:	2.0%
% Calories from Protein:	16.7%
Total Fat (g):	57g
Saturated Fat (g):	11g
Monounsaturated Fat (g):	18g
Polyunsaturated Fat (g):	20g
Cholesterol (mg):	862mg
Carbohydrate (g):	3g
Dietary Fiber (g):	trace

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	2.3mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	1.0mg
Folacin (mcg):	92mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value:	0 0%

### Food Exchanges

Grain (Starch):	0
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**Protein (g):** 26g  
**Sodium (mg):** 670mg  
**Potassium (mg):** 286mg  
**Calcium (mg):** 120mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 1236IU  
**Vitamin A (r.e.):** 359RE

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

## Nutrition Facts

### Amount Per Serving

**Calories** 617                      Calories from Fat: 501

### % Daily Values\*

**Total Fat** 57g 88%  
     Saturated Fat 11g 57%  
**Cholesterol** 862mg 287%  
**Sodium** 670mg 28%  
**Total Carbohydrates** 3g 1%  
     Dietary Fiber trace 2%  
**Protein** 26g

**Vitamin A** 25%  
**Vitamin C** 0%  
**Calcium** 12%  
**Iron** 16%

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