

# Crab Deviled Eggs

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## Servings: 24

12 large eggs

1/4 cup mayonnaise

1 tablespoon chopped basil OR  
parsley

1 teaspoon whole-grain mustard

juice of 1/2 lemon

8 ounces lump crabmeat

salt and pepper (to taste)

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 mayonnaise, basil, mustard, lemon juice, salt and pepper. Mix well.

Stir in the lump crabmeat.

Spoon into the egg whites.

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Per Serving (excluding unknown items): 62 Calories; 5g Fat (66.8% calories from fat); 5g Protein; trace Carbohydrate; 0g Dietary Fiber; 114mg Cholesterol; 76mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	62	Vitamin B6 (mg):	.1mg
% Calories from Fat:	66.8%	Vitamin B12 (mcg):	1.2mcg
% Calories from Carbohydrates:	1.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	31.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	5g	Folacin (mcg):	16mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	114mg	% Refuse:	0 0%

Carbohydrate (g):	trace
Dietary Fiber (g):	0g
Protein (g):	5g
Sodium (mg):	76mg
Potassium (mg):	65mg
Calcium (mg):	22mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	129IU
Vitamin A (r.e.):	36 1/2RE

## Food Exchanges

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

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## Nutrition Facts

Servings per Recipe: 24

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### Amount Per Serving

**Calories** 62 Calories from Fat: 41

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### % Daily Values\*

<b>Total Fat</b> 5g	7%
Saturated Fat 1g	5%
<b>Cholesterol</b> 114mg	38%
<b>Sodium</b> 76mg	3%
<b>Total Carbohydrates</b> trace	0%
Dietary Fiber 0g	0%
<b>Protein</b> 5g	

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<b>Vitamin A</b>	3%
<b>Vitamin C</b>	0%
<b>Calcium</b>	2%
<b>Iron</b>	3%

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