

# Easy Deviled Eggs II

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## Servings: 24

12 eggs, hard-cooked  
1/4 cup salad dressing OR  
mayonnaise  
1/4 cup Grey Poupon Dijon  
mustard  
1/4 teaspoon paprika  
chopped chives (for garnish)

Cut the eggs lengthwise in half

Remove the yolks and place in a small bowl.

Add the dressing and mustard. Mix well.

Spoon into the egg white halves. Sprinkle with paprika.

Serve immediately or cover and refrigerate until ready to serve.

Garnish with chives.

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Per Serving (excluding unknown items): 37 Calories; 2g Fat (62.5% calories from fat); 3g Protein; trace Carbohydrate; trace Dietary Fiber; 106mg Cholesterol; 35mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	37
% Calories from Fat:	62.5%
% Calories from Carbohydrates:	2.3%
% Calories from Protein:	35.2%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	106mg
Carbohydrate (g):	trace
Dietary Fiber (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	12mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

## Food Exchanges

Grain (Starch):	0
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**Protein (g):** 3g  
**Sodium (mg):** 35mg  
**Potassium (mg):** 34mg  
**Calcium (mg):** 13mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 137IU  
**Vitamin A (r.e.):** 36 1/2RE

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

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## Nutrition Facts

Servings per Recipe: 24

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### Amount Per Serving

**Calories** 37                      **Calories from Fat:** 23

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#### % Daily Values\*

<b>Total Fat</b>	2g	4%
Saturated Fat	1g	4%
<b>Cholesterol</b>	106mg	35%
<b>Sodium</b>	35mg	1%
<b>Total Carbohydrates</b>	trace	0%
Dietary Fiber	trace	0%
<b>Protein</b>	3g	

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<b>Vitamin A</b>	3%
<b>Vitamin C</b>	0%
<b>Calcium</b>	1%
<b>Iron</b>	3%

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