Greek Deviled Eggs II

Paula Macri - Gattuso's Bella Cocina Treasure Coast Newspapers

6 large hard-boiled eggs 1/4 cup mayonnaise 1 teaspoon mustard

1 teaspoon vinegar

2 tablespoons feta cheese, crumbled 1 tablespoon Kalamata olives, finely chopped

2 teaspoons fresh oregano

Peel the hard-boiled eggs and cut in half lengthwise. Carefully remove the yolk from each half of the egg and set aside.

In a mixing bowl, add the egg yolks and mash together with a fork.

Add the mayonnaise, mustard and vinegar. Mix everything together until it is blended well.

Add the feta cheese, Kalamata olives and fresh oregano, stirring well to blend together all of the ingredients.

Stuff each egg white with the egg mixture.

Cover and chill up to twenty-four hours before serving.

You can garnish the tops with some additional chopped Kalamata olives and feta cheese and some oregano.

Per Serving (excluding unknown items): 953 Calories; 87g Fat (80.5% calories from fat); 41g Protein; 6g Carbohydrate; trace Dietary Fiber; 1308mg Cholesterol; 1192mg Sodium. Exchanges: 0 Grain(Starch); 6 Lean Meat; 0 Fruit; 8 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Dar Canvina Nutritianal Analysia

% Calories from Protein:17.0%Total Fat (g):87gSaturated Fat (g):19gMonounsaturated Fat (g):26gPolyunsaturated Fat (g):27gCholesterol (mg):1308mgCarbohydrate (g):6gDietary Fiber (g):traceProtein (g):41gSadium (ma):1102mg
Saturated Fat (g):19gMonounsaturated Fat (g):26gPolyunsaturated Fat (g):27gCholesterol (mg):1308mgCarbohydrate (g):6gDietary Fiber (g):traceProtein (g):41g
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Cholesterol (mg):1308mgCarbohydrate (g):6gDietary Fiber (g):traceProtein (g):41g
Carbohydrate (g):6gDietary Fiber (g):traceProtein (g):41g
Dietary Fiber (g):traceProtein (g):41g
Protein (g): 41g
S adium (ma): 1102mg
Sodium (mg): 1192mg
Potassium (mg): 426mg
Calcium (mg): 262mg
Iron (mg): 4mg
Zinc (mg): 4mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 1942IU
Vitamin A (r.e.): 561RE

Thiamin B1 (mg): Riboflavin B2 (mg): Folacin (mcg): Niacin (mg): Caffeine (mg): Alcohol (kcal): ^{9/} Pofuso:	.2mg 1.7mg 143mcg trace 0mg 0 0.0%
Food Exchanges	
Grain (Starch):	0
Lean Meat:	6
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	8 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving	
Calories 953	Calories from Fat: 768
	% Daily Values*
Total Fat 87g	133%
Saturated Fat 19g	95%
Cholesterol 1308mg	436%
Sodium 1192mg	50%
Total Carbohydrates 6g	2%
Dietary Fiber trace	2%
Protein 41g	
Vitamin A	39%
Vitamin C	1%
Calcium	26%
Iron	23%

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