

Bacon Deviled Eggs II

Caroline Cooks
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Servings: 4

6 hard-boiled eggs
3 slices crisp cooked bacon, crumbled
1 tablespoon butter, softened
3 tablespoons onions, finely chopped
3 tablespoons sweet pickle relish,
drained well
1 teaspoon yellow mustard
salt
pepper
1/4 - 1/3 cup mayonnaise
paprika (for garnish)

Preparation Time: 20 minutes

Cut the eggs in halves lengthwise.

Remove the yolks.

In a medium bowl, mash the yolks.

Add the relish, onion and bacon.

Add the butter, salt, pepper and mustard.

Mix thoroughly.

Add the mayonnaise to bind.

Refill the egg whites.

Sprinkle with paprika.

Refrigerate to meld the flavors.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 193 Calories; 15g Fat (68.6% calories from fat); 10g Protein; 6g Carbohydrate; trace Dietary Fiber; 327mg Cholesterol; 257mg Sodium. Exchanges: 1 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	193	Vitamin B6 (mg):	.1mg
% Calories from Fat:	68.6%	Vitamin B12 (mcg):	.8mcg
% Calories from Carbohydrates:	11.5%	Thiamin B1 (mg):	trace

% Calories from Protein:	19.9%
Total Fat (g):	15g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	327mg
Carbohydrate (g):	6g
Dietary Fiber (g):	trace
Protein (g):	10g
Sodium (mg):	257mg
Potassium (mg):	113mg
Calcium (mg):	42mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	559IU
Vitamin A (r.e.):	157RE

Riboflavin B2 (mg):	.4mg
Folacin (mcg):	35mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n.n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 193 **Calories from Fat:** 133

% Daily Values*

Total Fat 15g	23%
Saturated Fat 5g	24%
Cholesterol 327mg	109%
Sodium 257mg	11%
Total Carbohydrates 6g	2%
Dietary Fiber trace	2%
Protein 10g	
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Vitamin A	11%
Vitamin C	1%
Calcium	4%
Iron	6%

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