

# Bacon Deviled Eggs III

*Easy Summer Entertaining (1991)*

*Kraft General Foods, Inc.*

## **Yield: 1 dozen egg halves**

*6 hard-cooked eggs*

*1/2 cup Miracle Whip®*

*6 slices bacon, crisply cooked and crumbled*

*2 tablespoons green onion, chopped*

*1/4 teaspoon garlic salt*

## **Preparation Time: 25 minutes**

Cut the eggs in half. Remove the yolks. Mash.

Add the Miracle Whip, bacon, onions and garlic salt to the yolks. Blend well.

Refill the whites.

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Per Serving (excluding unknown items): 1249 Calories; 106g Fat (77.4% calories from fat); 49g Protein; 21g Carbohydrate; 1g Dietary Fiber; 1344mg Cholesterol; 2252mg Sodium. Exchanges: 7 Lean Meat; 0 Vegetable; 17 Fat; 1 Other Carbohydrates.

Appetizers

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	1249	<b>Vitamin B6 (mg):</b>	.4mg
<b>% Calories from Fat:</b>	77.4%	<b>Vitamin B12 (mcg):</b>	4.0mcg
<b>% Calories from Carbohydrates:</b>	6.7%	<b>Thiamin B1 (mg):</b>	.4mg
<b>% Calories from Protein:</b>	16.0%	<b>Riboflavin B2 (mg):</b>	1.6mg
<b>Total Fat (g):</b>	106g	<b>Folacin (mcg):</b>	142mcg
<b>Saturated Fat (g):</b>	24g	<b>Niacin (mg):</b>	3mg
<b>Monounsaturated Fat (g):</b>	21g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	6g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	1344mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	21g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	1g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	49g	<b>Lean Meat:</b>	7
<b>Sodium (mg):</b>	2252mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	596mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	163mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	4mg	<b>Fat:</b>	17

Zinc (mg): 4mg  
 Vitamin C (mg): 15mg  
 Vitamin A (i.u.): 1726IU  
 Vitamin A (r.e.): 508 1/2RE

Other Carbohydrates: 1

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## Nutrition Facts

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### Amount Per Serving

Calories 1249                      Calories from Fat: 966

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### % Daily Values\*

<b>Total Fat</b>	106g	164%
Saturated Fat	24g	122%
<b>Cholesterol</b>	1344mg	448%
<b>Sodium</b>	2252mg	94%
<b>Total Carbohydrates</b>	21g	7%
Dietary Fiber	1g	2%
<b>Protein</b>	49g	
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<b>Vitamin A</b>		35%
<b>Vitamin C</b>		25%
<b>Calcium</b>		16%
<b>Iron</b>		24%

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