

# Bagna Cauda Deviled Eggs

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## Servings: 24

12 large eggs

6 chopped anchovies

1 clove garlic, chopped

1/3 cup mayonnaise

1/3 cup chopped parsley

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.

In a separate bowl, mash together the anchovies and garlic. Add the anchovies to the yolks.

Add the mayonnaise and parsley. Mix well.

Spoon into the egg whites.

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Per Serving (excluding unknown items): 59 Calories; 5g Fat (76.5% calories from fat); 3g Protein; trace Carbohydrate; trace Dietary Fiber; 107mg Cholesterol; 53mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	59	Vitamin B6 (mg):	.1mg
% Calories from Fat:	76.5%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	1.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	21.6%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	5g	Folacin (mcg):	13mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	107mg	% Refuse:	0 0%

Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	53mg
Potassium (mg):	40mg
Calcium (mg):	15mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	173IU
Vitamin A (r.e.):	41RE

## 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** 59 Calories from Fat: 45

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#### % Daily Values\*

<b>Total Fat</b> 5g	8%
Saturated Fat 1g	6%
<b>Cholesterol</b> 107mg	36%
<b>Sodium</b> 53mg	2%
<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>	2%
<b>Calcium</b>	1%
<b>Iron</b>	3%

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