

Barbeque Deviled Eggs

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Yield: 24 deviled eggs

12 eggs
3 tablespoons mayonnaise
2 tablespoons barbecue sauce
1 tablespoon yellow mustard
1 pinch Kosher salt
fresh ground black pepper
hot sauce (to taste)
2 scallions, thinly sliced
smoked paprika (or regular paprika)
(for garnish)

Preparation Time: 10 minutes

Bring a medium pot of water to a boil. Turn down to a simmer.

Using a slotted spoon, gently lower the eggs into the water. Simmer for 9 minutes. Reduce the heat if it simmers too much (You don't want the eggs to crack).

Drain water from the saucepan and run cold water over the eggs until they are cool enough to handle.

Peel the eggs and cut in half.

Remove the yolks and place in a bowl.

Add the mayonnaise, barbecue sauce, mustard, salt, pepper and hot sauce to taste. Whisk until smooth.

Use a spoon to scoop the yolk mixture into the whites. (If you like, you can use a pastry bag to pipe the yolk mixture into the whites).

Garnish the tops with thinly sliced scallions and a dash of paprika.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 1228 Calories; 96g Fat (70.7% calories from fat); 78g Protein; 12g Carbohydrate; 2g Dietary Fiber; 2558mg Cholesterol; 1639mg Sodium. Exchanges: 9 1/2 Lean Meat; 1/2 Vegetable; 8 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1228	Vitamin B6 (mg):	1.1mg
% Calories from Fat:	70.7%	Vitamin B12 (mcg):	7.9mcg
% Calories from Carbohydrates:	3.9%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	25.4%	Riboflavin B2 (mg):	2.9mg
Total Fat (g):	96g	Folacin (mcg):	313mcg
Saturated Fat (g):	24g	Niacin (mg):	1mg
Monounsaturated Fat (g):	33g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	26g	Alcohol (kcal):	0
Cholesterol (mg):	2558mg	% Refused:	0.0%
Carbohydrate (g):	12g		
Dietary Fiber (g):	2g		
Protein (g):	78g		
Sodium (mg):	1639mg		
Potassium (mg):	975mg		
Calcium (mg):	360mg		
Iron (mg):	12mg		
Zinc (mg):	7mg		
Vitamin C (mg):	8mg		
Vitamin A (i.u.):	3430IU		
Vitamin A (r.e.):	902RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	9 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	8
Other Carbohydrates:	1/2

Nutrition Facts

Amount Per Serving

Calories 1228 Calories from Fat: 868

% Daily Values*

Total Fat 96g	148%
Saturated Fat 24g	118%
Cholesterol 2558mg	853%
Sodium 1639mg	68%
Total Carbohydrates 12g	4%
Dietary Fiber 2g	6%
Protein 78g	
Vitamin A	69%
Vitamin C	13%
Calcium	36%
Iron	68%

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