

Chicken Salad Deviled Eggs

Food Network Magazine - April 2014

Servings: 24

12 large eggs
1 cup shredded cooked chicken
1 stalk celery, chopped
1 carrot, chopped
2 tablespoons chopped mixed herbs
1/3 cup mayonnaise
salt and pepper (to taste)

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. Add the chicken, celery, carrot and herbs. Place the mixture in a food processor and pulse until combined.

Add the mayonnaise, salt and pepper. Pulse until combined.

Spoon into the egg whites.

Per Serving (excluding unknown items): 60 Calories; 5g Fat (75.1% calories from fat); 3g Protein; 1g Carbohydrate; trace Dietary Fiber; 107mg Cholesterol; 55mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|-------|
| Calories (kcal): | 60 | Vitamin B6 (mg): | .1mg |
| % Calories from Fat: | 75.1% | Vitamin B12 (mcg): | .3mcg |
| % Calories from Carbohydrates: | 3.7% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 21.2% | 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): 1g
 Dietary Fiber (g): trace
 Protein (g): 3g
 Sodium (mg): 55mg
 Potassium (mg): 49mg
 Calcium (mg): 15mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): trace
 Vitamin A (i.u.): 977IU
 Vitamin A (r.e.): 121 1/2RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving

Calories 60 Calories from Fat: 45

% Daily Values*

| | | |
|-------------------------------|--|-----|
| Total Fat 5g | | 8% |
| Saturated Fat 1g | | 6% |
| Cholesterol 107mg | | 36% |
| Sodium 55mg | | 2% |
| Total Carbohydrates 1g | | 0% |
| Dietary Fiber trace | | 0% |
| Protein 3g | | |

| | | |
|------------------|--|-----|
| Vitamin A | | 20% |
| Vitamin C | | 1% |
| Calcium | | 2% |
| Iron | | 3% |

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