

# Cucumber-Dill Deviled Eggs

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## Servings: 24

12 large eggs  
1/4 cup mayonnaise  
1/4 cup sour cream  
2 teaspoons Dijon mustard  
salt and pepper (to taste)  
1/2 cup finely chopped cucumber  
2 tablespoons chopped dill  
dill sprigs (for garnish)

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.

Add the mayonnaise, sour cream, mustard, salt and pepper. Mix well. Stir in the cucumber and chopped dill.

Spoon into the egg whites. Garnish with dill sprigs.

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Per Serving (excluding unknown items): 59 Calories; 5g Fat (75.6% calories from fat); 3g Protein; trace Carbohydrate; trace Dietary Fiber; 108mg Cholesterol; 55mg Sodium. Exchanges: 1/2 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	59	Vitamin B6 (mg):	trace
% Calories from Fat:	75.6%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	2.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	22.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	5g	Folacin (mcg):	12mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	108mg	% Refuse:	0 0%

Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	55mg
Potassium (mg):	38mg
Calcium (mg):	17mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	147IU
Vitamin A (r.e.):	42RE

## 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

### Amount Per Serving

**Calories** 59 Calories from Fat: 45

### % Daily Values\*

<b>Total Fat</b> 5g	8%
Saturated Fat 1g	7%
<b>Cholesterol</b> 108mg	36%
<b>Sodium</b> 55mg	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>	0%
<b>Calcium</b>	2%
<b>Iron</b>	3%

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