

Deviled Deviled Eggs II

Easy Summer Entertaining
Kraft General Foods, Inc.

Yield: 12 egg halves

6 hard-cooked eggs
1/3 cup Miracle Whip®
2 tablespoons green onion, freshly chopped
1 teaspoon prepared mustard
1/2 teaspoon hot pepper sauce
1/8 teaspoon salt

Preparation Time: 25 minutes

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

Blend in the Miracle Whip, green onion, mustard, hot sauce and salt.

Refill the whites.

Per Serving (excluding unknown items): 843 Calories; 69g Fat (74.4% calories from fat); 38g Protein; 15g Carbohydrate; trace Dietary Fiber; 1298mg Cholesterol; 1256mg Sodium. Exchanges: 5 1/2 Lean Meat; 0 Vegetable; 10 1/2 Fat; 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	843	Vitamin B6 (mg):	.4mg
% Calories from Fat:	74.4%	Vitamin B12 (mcg):	3.3mcg
% Calories from Carbohydrates:	7.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	18.3%	Riboflavin B2 (mg):	1.5mg
Total Fat (g):	69g	Folacin (mcg):	140mcg
Saturated Fat (g):	15g	Niacin (mg):	trace
Monounsaturated Fat (g):	12g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	1298mg	% Refused:	n n%
Carbohydrate (g):	15g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	38g	Lean Meat:	5 1/2
Sodium (mg):	1256mg	Vegetable:	0
Potassium (mg):	421mg	Fruit:	0
Calcium (mg):	165mg	Non-Fat Milk:	0
Iron (mg):	4mg	Fat:	10 1/2

Zinc (mg): 3mg
Vitamin C (mg): 4mg
Vitamin A (i.u.): 1733IU
Vitamin A (r.e.): 509 1/2RE

Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 843 Calories from Fat: 627

% Daily Values*

Total Fat 69g	106%
Saturated Fat 15g	75%
Cholesterol 1298mg	433%
Sodium 1256mg	52%
Total Carbohydrates 15g	5%
Dietary Fiber trace	2%
Protein 38g	
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Vitamin A	35%
Vitamin C	7%
Calcium	16%
Iron	21%

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