

# Deviled Eggs III

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## Yield: 12 deviled eggs

6 large hard-boiled eggs  
salt (to taste)  
black pepper (to taste)  
2 tablespoons Miracle Whip  
1 teaspoon prepared yellow mustard  
2 tablespoons sweet pickle relish  
paprika

## Preparation Time: 15 minutes

Peel the shells off the cooled hard-boiled eggs.  
Slice into halves lengthwise.

Remove the yolks from the whites. Place in a small round bowl. Mash the yolks with a fork into fine pieces.

Add the Miracle Whip, mustard, relish, salt and pepper. Stir the mixture until creamy.

Spoon the mixture into a ziplock plastic bag. Seal the bag. Snip off one corner of the bag. Squeeze the mixture out of the bag into the egg white halves.

Sprinkle the tops of the eggs with paprika.

Chill in the refrigerator for one to two hours or until cold before serving.

Start to Finish Time: 35 minutes

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Per Serving (excluding unknown items): 505 Calories; 32g Fat (58.1% calories from fat); 38g Protein; 14g Carbohydrate; 1g Dietary Fiber; 1272mg Cholesterol; 619mg Sodium. Exchanges: 5 1/2 Lean Meat; 3 Fat; 1/2 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	505	Vitamin B6 (mg):	.4mg
% Calories from Fat:	58.1%	Vitamin B12 (mcg):	3.3mcg
% Calories from Carbohydrates:	11.4%	Thiamin B1 (mg):	.2mg

**% Calories from Protein:** 30.6%  
**Total Fat (g):** 32g  
**Saturated Fat (g):** 10g  
**Monounsaturated Fat (g):** 12g  
**Polyunsaturated Fat (g):** 4g  
**Cholesterol (mg):** 1272mg  
**Carbohydrate (g):** 14g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 38g  
**Sodium (mg):** 619mg  
**Potassium (mg):** 386mg  
**Calcium (mg):** 151mg  
**Iron (mg):** 4mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 1727IU  
**Vitamin A (r.e.):** 508 1/2RE

**Riboflavin B2 (mg):** 1.5mg  
**Folacin (mcg):** 132mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 5 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 3  
**Other Carbohydrates:** 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 505 Calories from Fat: 293

### % Daily Values\*

<b>Total Fat</b> 32g	49%
Saturated Fat 10g	49%
<b>Cholesterol</b> 1272mg	424%
<b>Sodium</b> 619mg	26%
<b>Total Carbohydrates</b> 14g	5%
Dietary Fiber 1g	3%
<b>Protein</b> 38g	
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<b>Vitamin A</b>	35%
<b>Vitamin C</b>	1%
<b>Calcium</b>	15%
<b>Iron</b>	21%

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