

Ham Salad Deviled Eggs

Food Network Magazine - April 2014

Servings: 24

12 large eggs
1 cup diced ham
1 stalk celery, chopped
1/4 cup mayonnaise
2 tablespoons chives, chopped
1 teaspoon Dijon mustard
salt and pepper (to taste)
thinly sliced cornichons (for garnish)
small cubes of ham (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 diced ham and celery. Place the mixture in a food processor and pulse until combined.

Add the mayonnaise, chives, mustard, salt and pepper. Pulse until smooth..

Spoon into the egg whites. Top with the cornichons and cubed ham.

Per Serving (excluding unknown items): 54 Calories; 4g Fat (74.2% calories from fat); 3g Protein; trace Carbohydrate; trace Dietary Fiber; 107mg Cholesterol; 52mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	54	Vitamin B6 (mg):	trace
% Calories from Fat:	74.2%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	2.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	23.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	13mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	107mg
Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	52mg
Potassium (mg):	40mg
Calcium (mg):	14mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	142IU
Vitamin A (r.e.):	37 1/2RE

% Daily Values*

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 54 **Calories from Fat:** 40

% Daily Values*

Total Fat 4g	7%
Saturated Fat 1g	5%
Cholesterol 107mg	36%
Sodium 52mg	2%
Total Carbohydrates trace	0%
Dietary Fiber trace	0%
Protein 3g	
<hr/>	
Vitamin A	3%
Vitamin C	0%
Calcium	1%
Iron	3%

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