

Horseradish Deviled Eggs

*Daniel Neman - St. Louis Post Dispatch
Scripps Treasure Coast Newspapers*

Servings: 6

*6 hard-cooked eggs
pinch salt
1/4 cup + 1 tablespoon mayonnaise
1 teaspoon lemon juice
1 to 1-1/2 teaspoons prepared
horseradish*

Peel the eggs. Slice in half. Remove the yolks and place in a small bowl.

Add salt to the yolks. Thoroughly mash with a fork.

Add the mayonnaise, lemon juice and one teaspoon of horseradish. Stir to blend completely. Taste and add more horseradish if desired.

Spoon or pipe the mixture back into the yolk cavity of the eggs.

Per Serving (excluding unknown items): 145 Calories; 13g Fat (80.1% calories from fat); 6g Protein; 1g Carbohydrate; trace Dietary Fiber; 215mg Cholesterol; 122mg Sodium. Exchanges: 1 Lean Meat; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	145
% Calories from Fat:	80.1%
% Calories from Carbohydrates:	2.5%
% Calories from Protein:	17.4%
Total Fat (g):	13g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	215mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	24mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
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Protein (g): 6g
Sodium (mg): 122mg
Potassium (mg): 73mg
Calcium (mg): 28mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 306IU
Vitamin A (r.e.): 89RE

Lean Meat: 1
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 145 **Calories from Fat:** 116

% Daily Values*

Total Fat 13g	20%
Saturated Fat 3g	14%
Cholesterol 215mg	72%
Sodium 122mg	5%
Total Carbohydrates 1g	0%
Dietary Fiber trace	0%
Protein 6g	
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Vitamin A	6%
Vitamin C	2%
Calcium	3%
Iron	4%

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