

Pesto Crunch Deviled Eggs

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8 hard-boiled eggs
1/4 cup mayonnaise
1/4 cup + 1 tablespoon prepared pesto
1/2 teaspoon Kosher salt
1/4 teaspoon freshly ground pepper
2 tablespoons butter
1/3 cup Panko bread crumbs
1 tablespoon fresh parsley, chopped
2 teaspoons oregano, chopped
1/2 teaspoon Kosher salt

Slice the hard-boiled eggs in half lengthwise.
Put the yolks in a bowl and the whites on a plate.

Mash the yolks with the mayonnaise, prepared pesto, Kosher salt and pepper.

Spoon or pipe the egg yolk mixture into the egg whites.

In a small skillet over medium-high heat, melt the butter. Add the panko, parsley, oregano and Kosher salt. Cook until the crumbs are golden.

Sprinkle the eggs with the panko mixture.

Per Serving (excluding unknown items): 1229 Calories; 112g Fat (81.2% calories from fat); 52g Protein; 7g Carbohydrate; 2g Dietary Fiber; 1777mg Cholesterol; 2926mg Sodium. Exchanges: 0 Grain(Starch); 7 Lean Meat; 0 Vegetable; 12 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1229	Vitamin B6 (mg):	.8mg
% Calories from Fat:	81.2%	Vitamin B12 (mcg):	4.6mcg
% Calories from Carbohydrates:	2.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	16.6%	Riboflavin B2 (mg):	2.0mg
Total Fat (g):	112g	Folacin (mcg):	195mcg
Saturated Fat (g):	34g	Niacin (mg):	trace
Monounsaturated Fat (g):	35g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	29g	Alcohol (kcal):	0
Cholesterol (mg):	1777mg	% Refuse:	0 0%
Carbohydrate (g):	7g		

Food Exchanges

Dietary Fiber (g): 2g
Protein (g): 52g
Sodium (mg): 2926mg
Potassium (mg): 608mg
Calcium (mg): 271mg
Iron (mg): 7mg
Zinc (mg): 4mg
Vitamin C (mg): 7mg
Vitamin A (i.u.): 3664IU
Vitamin A (r.e.): 957 1/2RE

Grain (Starch): 0
Lean Meat: 7
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 12 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1229 **Calories from Fat:** 998

% Daily Values*

Total Fat 112g	173%
Saturated Fat 34g	170%
Cholesterol 1777mg	592%
Sodium 2926mg	122%
Total Carbohydrates 7g	2%
Dietary Fiber 2g	6%
Protein 52g	
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Vitamin A	73%
Vitamin C	11%
Calcium	27%
Iron	37%

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