

# Pico de Gallo Deviled Eggs

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## Servings: 24

12 large eggs

1/4 cup mayonnaise

2 tablespoons pico de gallo (or other fresh salsa)

2 teaspoons chipotle hot sauce

salt (to taste)

pico de gallo (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 food processor. Add the mayonnaise, pico de gallo and hot sauce. Pulse until smooth. Season with salt.

Spoon into the egg whites. Top with more pico de gallo.

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Per Serving (excluding unknown items): 53 Calories; 4g Fat (74.8% calories from fat); 3g Protein; trace Carbohydrate; 0g Dietary Fiber; 107mg Cholesterol; 48mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	53	Vitamin B6 (mg):	trace
% Calories from Fat:	74.8%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	1.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	23.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	12mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	107mg	% Refuse:	0%
Carbohydrate (g):	trace		
Dietary Fiber (g):	0g		

## Food Exchanges

Grain (Starch): 0

**Protein (g):** 3g  
**Sodium (mg):** 48mg  
**Potassium (mg):** 34mg  
**Calcium (mg):** 13mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 128IU  
**Vitamin A (r.e.):** 36 1/2RE

**Lean Meat:** 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1/2  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 24

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### Amount Per Serving

**Calories** 53 **Calories from Fat:** 40

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#### % Daily Values\*

<b>Total Fat</b>	4g	7%
Saturated Fat	1g	5%
<b>Cholesterol</b>	107mg	36%
<b>Sodium</b>	48mg	2%
<b>Total Carbohydrates</b>	trace	0%
Dietary Fiber	0g	0%
<b>Protein</b>	3g	
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<b>Vitamin A</b>		3%
<b>Vitamin C</b>		0%
<b>Calcium</b>		1%
<b>Iron</b>		3%

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