

Pimiento-Deviled Eggs

*Sandy Hayes - Morristown, TN
Southern Living 1984 Annual Recipes*

Servings: 8

*8 hard-cooked eggs
1 jar (5 ounce) sharp processed cheese
spread with pimientos
1 tablespoon milk
1 tablespoon chopped chives
dash salt
dash pepper
parsley or chives (for garnish)*

Hard-cook the eggs: Place the eggs in a saucepan and cover with water at least one inch above the eggs. Bring the water to a boil. Cover the pan with a lid. Turn off the heat and remove the pan from the burner, if necessary, to prevent further boiling. Let the eggs stand in hot water for at least 15 minutes. Drain and cool the eggs in cold water before shelling.

Slice the eggs in half lengthwise. Carefully remove the yolks.

In a bowl, mash the yolks. Stir in the cheese spread, milk, chives, salt and pepper.

Stuff the egg whites with the yolk mixture.

Garnish the eggs with parsley or additional chives.

Per Serving (excluding unknown items): 79 Calories; 5g Fat (63.2% calories from fat); 6g Protein; 1g Carbohydrate; trace Dietary Fiber; 212mg Cholesterol; 63mg Sodium. Exchanges: 1 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	79	Vitamin B6 (mg):	.1mg
% Calories from Fat:	63.2%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	3.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	33.3%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	5g	Folacin (mcg):	22mcg

Saturated Fat (g): 2g
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 212mg
Carbohydrate (g): 1g
Dietary Fiber (g): trace
Protein (g): 6g
Sodium (mg): 63mg
Potassium (mg): 67mg
Calcium (mg): 28mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 299IU
Vitamin A (r.e.): 86 1/2RE

Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 79 Calories from Fat: 50

% Daily Values*

Total Fat 5g		8%
Saturated Fat 2g		8%
Cholesterol 212mg		71%
Sodium 63mg		3%
Total Carbohydrates 1g		0%
Dietary Fiber trace		0%
Protein 6g		
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Vitamin A		6%
Vitamin C		0%
Calcium		3%
Iron		3%

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