

# Salsa Verde Deviled Eggs

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## Servings: 24

12 large eggs  
1/2 cup mayonnaise  
1 tablespoon relish  
1 teaspoon Dijon mustard  
1/2 cup chopped parsley  
2 chopped anchovies  
1 tablespoon chopped capers  
salt and pepper (to taste)  
chopped parsley (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. Add the mayonnaise, relish and mustard. Mash together.

Add the parsley, anchovies, capers, salt and pepper. Mix well.

Spoon into the egg whites. Top with more chopped parsley.

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Per Serving (excluding unknown items): 71 Calories; 6g Fat (79.3% calories from fat); 3g Protein; 1g Carbohydrate; trace Dietary Fiber; 108mg Cholesterol; 73mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	71	Vitamin B6 (mg):	.1mg
% Calories from Fat:	79.3%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	2.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	17.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	6g	Folacin (mcg):	14mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	108mg	% Refuse:	0 0%

Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	73mg
Potassium (mg):	43mg
Calcium (mg):	16mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	2mg
Vitamin A (i.u.):	201IU
Vitamin A (r.e.):	44RE

## Food Exchanges

Grain (Starch):	0
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** 71 Calories from Fat: 57

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### % Daily Values\*

<b>Total Fat</b> 6g	10%
Saturated Fat 1g	7%
<b>Cholesterol</b> 108mg	36%
<b>Sodium</b> 73mg	3%
<b>Total Carbohydrates</b> 1g	0%
Dietary Fiber trace	0%
<b>Protein</b> 3g	
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<b>Vitamin A</b>	4%
<b>Vitamin C</b>	3%
<b>Calcium</b>	2%
<b>Iron</b>	3%

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