

Smoked Trout Deviled Eggs

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Servings: 24

12 large eggs
1/4 cup mayonnaise
1/4 cup sour cream
2 teaspoons whole-grain mustard
2 teaspoons chopped dill
juice of 1/2 lemon
6 ounces flaked smoked trout
dill (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. Mash the yolks.

Add the mayonnaise, sour cream, mustard, dill and lemon juice. Mix well. Stir in the flaked smoked trout.

Spoon into the egg whites.

Per Serving (excluding unknown items): 59 Calories; 5g Fat (75.8% calories from fat); 3g Protein; trace Carbohydrate; 0g Dietary Fiber; 108mg Cholesterol; 49mg Sodium. Exchanges: 1/2 Lean Meat; 0 Non-Fat Milk; 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	59
% Calories from Fat:	75.8%
% Calories from Carbohydrates:	2.0%
% Calories from Protein:	22.2%
Total Fat (g):	5g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	108mg
Carbohydrate (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	12mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0%

Food Exchanges

Dietary Fiber (g): 0g
Protein (g): 3g
Sodium (mg): 49mg
Potassium (mg): 38mg
Calcium (mg): 16mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 147IU
Vitamin A (r.e.): 42RE

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

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving

Calories 59 Calories from Fat: 44

% Daily Values*

Total Fat	5g	8%
Saturated Fat	1g	7%
Cholesterol	108mg	36%
Sodium	49mg	2%
Total Carbohydrates	trace	0%
Dietary Fiber	0g	0%
Protein	3g	

Vitamin A	3%
Vitamin C	0%
Calcium	2%
Iron	3%

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