

Egg Filling

Sonia Uvezian

The International Appetizer Cookbook (1984)

Yield: 1 cup

4 hard-cooked eggs, sieved
1 tablespoon mild onion or scallions
(including two inches of green tops),
very finely chopped
3 tablespoons mayonnaise
1 tablespoon Dijon-style mustard
salt (to taste)
freshly ground pepper (to taste)

In a bowl, combine all of the ingredients. Blend thoroughly.

Taste and adjust the seasoning.

Cover and refrigerate.

Per Serving (excluding unknown items): 617 Calories; 57g Fat (81.3% calories from fat); 26g Protein; 3g Carbohydrate; trace Dietary Fiber; 862mg Cholesterol; 670mg Sodium. Exchanges: 3 1/2 Lean Meat; 5 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	617
% Calories from Fat:	81.3%
% Calories from Carbohydrates:	2.0%
% Calories from Protein:	16.7%
Total Fat (g):	57g
Saturated Fat (g):	11g
Monounsaturated Fat (g):	18g
Polyunsaturated Fat (g):	20g
Cholesterol (mg):	862mg
Carbohydrate (g):	3g
Dietary Fiber (g):	trace
Protein (g):	26g
Sodium (mg):	670mg
Potassium (mg):	286mg
Calcium (mg):	120mg

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	2.3mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	1.0mg
Folacin (mcg):	92mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	3 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0

Iron (mg): 3mg
 Zinc (mg): 2mg
 Vitamin C (mg): 0mg
 Vitamin A (i.u.): 1236IU
 Vitamin A (r.e.): 359RE

Fat: 5
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 617 **Calories from Fat:** 501

% Daily Values*

Total Fat	57g	88%
Saturated Fat	11g	57%
Cholesterol	862mg	287%
Sodium	670mg	28%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	2%
Protein	26g	

Vitamin A	25%
Vitamin C	0%
Calcium	12%
Iron	16%

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