

All-White Deviled Eggs

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Servings: 16

12 large eggs

1/4 cup mayonnaise

1 tablespoon celery, finely chopped

2 teaspoons relish

salt (to taste)

sliced scallion whites (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 set aside for another use. Place eight egg whites in a bowl and finely chop.

Add the mayonnaise, celery, relish and salt. Mix well.

Spoon into the remaining sixteen egg whites. Garnish with the scallion whites.

Per Serving (excluding unknown items): 81 Calories; 7g Fat (73.9% calories from fat); 5g Protein; 1g Carbohydrate; trace Dietary Fiber; 160mg Cholesterol; 78mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	81	Vitamin B6 (mg):	.1mg
% Calories from Fat:	73.9%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	2.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	23.5%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	7g	Folacin (mcg):	18mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	160mg	% Refuse:	0 0%

Carbohydrate (g): 1g
Dietary Fiber (g): trace
Protein (g): 5g
Sodium (mg): 78mg
Potassium (mg): 53mg
Calcium (mg): 20mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 194IU
Vitamin A (r.e.): 54 1/2RE

Food Exchanges

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: 16

Amount Per Serving

Calories 81 **Calories from Fat:** 60

% Daily Values*

Total Fat	7g	10%
Saturated Fat	2g	8%
Cholesterol	160mg	53%
Sodium	78mg	3%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	0%
Protein	5g	

Vitamin A	4%
Vitamin C	0%
Calcium	2%
Iron	4%

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