# **Lobster Roll Deviled Eggs**

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### Servings: 24

12 large eggs
1/2 cup mayonnaise
1/2 cup chopped celery
2 teaspoons parsley, chopped
2 teaspoons chives, chopped
2 teaspoons Dijon mustard
1 teaspoon lemon juice
8 ounces lobster meat, diced
salt and pepper (to taste)
celery leaves (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, celery, parsley, chives, Dijon mustard and lemon juice. Stir in the lobster meat. Season with salt and pepper, Mix well.

Spoon into the egg whites. Top with celery leaves.

Per Serving (excluding unknown items): 79 Calories; 6g Fat (73.0% calories from fat); 5g Protein; trace Carbohydrate; trace Dietary Fiber; 117mg Cholesterol; 96mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

#### **Appetizers**

#### Dar Camina Mutritional Analysis

Calories (kcal):	79	Vitamin B6 (mg):	.1mg
% Calories from Fat:	73.0%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	1.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	25.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	6g	Folacin (mcg):	14mcg
Saturated Fat (g):	. •	Niacin (mg):	trace
(0)	1g	Caffeine (mg):	0mg
Monounsaturated Fat (g):	2g	Alcohol (kcal):	0
Polyunsaturated Fat (g):	2g	, ,	0.0%

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Cholesterol (mg):	117mg	% Rafilea.	
Carbohydrate (g):	trace	Food Exchanges	
Dietary Fiber (g):	trace	•	
Protein (g):	5g	Grain (Starch):	
Sodium (mg):	96mg	Lean Meat: 1/2	
Potassium (mg):	70mg	Vegetable: 0	
Calcium (mg):	20mg	Fruit: 0	
Iron (mg):	1mg	Non-Fat Milk: 0	
Zinc (mg):	1mg	<b>Fat:</b> 1/2	
Vitamin C (mg):	trace	Other Carbohydrates: 0	
Vitamin A (i.u.):	154IU		
Vitamin A (r.e.):	41RE		

## **Nutrition Facts**

Servings per Recipe: 24

Cholesterol117mg39Sodium96mg4Total Carbohydratestrace0	
Total Fat         6g         10           Saturated Fat         1g         7           Cholesterol         117mg         39           Sodium         96mg         4           Total Carbohydrates         trace         0	8
Saturated Fat 1g 7  Cholesterol 117mg 39  Sodium 96mg 4  Total Carbohydrates trace 0	ıes*
Cholesterol117mg39Sodium96mg4Total Carbohydratestrace0	
Sodium 96mg 4 Total Carbohydrates trace 0	%
Total Carbohydrates trace 0	%
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Dietary Fiber trace 0	%
	%
Protein 5g	
Vitamin A 3	%
Vitamin C 1	%
Calcium 2	%
Iron 3	%

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.