

# Sausage-Cheddar Deviled Eggs

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## Servings: 24

12 large eggs

1/4 cup mayonnaise

1/4 cup cheddar cheese, shredded

salt

hot sauce (to taste)

brown crumbled sausage (for garnish)

chives (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, cheese, salt and hot sauce. Mix well.

Spoon into the egg whites. Top with the sausage and chives.

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Per Serving (excluding unknown items): 58 Calories; 5g Fat (74.7% calories from fat); 3g Protein; trace Carbohydrate; 0g Dietary Fiber; 108mg Cholesterol; 55mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	58
% Calories from Fat:	74.7%
% Calories from Carbohydrates:	1.4%
% Calories from Protein:	23.8%
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:	0.0%

## Food Exchanges

**Dietary Fiber (g):** 0g  
**Protein (g):** 3g  
**Sodium (mg):** 55mg  
**Potassium (mg):** 35mg  
**Calcium (mg):** 22mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 141IU  
**Vitamin A (r.e.):** 40RE

**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** 58 Calories from Fat: 43

### % Daily Values\*

<b>Total Fat</b>	5g	7%
Saturated Fat	1g	6%
<b>Cholesterol</b>	108mg	36%
<b>Sodium</b>	55mg	2%
<b>Total Carbohydrates</b>	trace	0%
Dietary Fiber	0g	0%
<b>Protein</b>	3g	

<b>Vitamin A</b>	3%
<b>Vitamin C</b>	0%
<b>Calcium</b>	2%
<b>Iron</b>	3%

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