

# Deviled Eggs

Meat Alternate

Main Dishes

D-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh large eggs		25 each		50 each	<ol style="list-style-type: none"> <li>Place eggs in a large pot and cover with cold water. Bring to a boil and simmer for 10 minutes. Drain and rinse in cold water. Refrigerate until cool.</li> <li>Peel eggs and cut in half. Remove yolks and place in a separate bowl.</li> <li>Mash egg yolks, adding salad dressing or mayonnaise, vinegar, both mustards, sugar and salt.</li> <li>Place ½ oz (1 Tbsp) of yolk mixture in each egg white half.</li> <li>Cover. Hold at 40° F or colder.</li> </ol> <p>Portion is 2 half eggs.</p>
Reduced calorie salad dressing	7 oz	¾ cup 2 Tbsp	14 oz	1 ¾ cups	
OR Lowfat mayonnaise	OR 7 oz	OR ¾ cup 2 Tbsp	OR 14 oz	OR 1 ¾ cups	
White vinegar		1 tsp		2 tsp	
Dry mustard		1 tsp		2 tsp	
Prepared yellow mustard		1 ½ tsp		1 Tbsp	
Sugar		2 Tbsp		¼ cup	
Salt		1 tsp		2 tsp	

SERVING:	YIELD:	VOLUME:
2 halves provide 1 large egg or the equivalent of 2 oz of cooked lean meat.	<b>25 Servings:</b> 3 lb 2 oz <b>50 Servings:</b> 6 lb 4 oz	<b>25 Servings:</b> 50 half eggs <b>50 Servings:</b> 100 half eggs
	Edited 2014	

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## Nutrients Per Serving

<b>Calories</b>	100	<b>Saturated Fat</b>	1.89 g	<b>Iron</b>	0.78 mg
<b>Protein</b>	6.34 g	<b>Cholesterol</b>	216 mg	<b>Calcium</b>	26 mg
<b>Carbohydrate</b>	3.46 g	<b>Vitamin A</b>	322 IU	<b>Sodium</b>	230 mg
<b>Total Fat</b>	6.53 g	<b>Vitamin C</b>	0 mg	<b>Dietary Fiber</b>	0.1 g