



Deviled Eggs

Combine these eggs with celery and carrot sticks to make a great snack or appetizer. Eggs contain lots of choline, which helps in brain development and function. They also provide the body with antioxidants, such as lutein and zeaxanthin, which are important in maintaining good vision.

Prep: 20 minutes • Total: 25 minutes

Ingredients:

Large eggs	6 each	300 g
Light mayonnaise	2 Tbsp	30 mL
Tabasco sauce	¼ tsp	1 mL
Dijon mustard	1 tsp	5 mL
Celery, finely minced	2 Tbsp	30 mL
Red onion, finely minced	1.5 Tbsp	23 mL
Ground black pepper	¼ tsp	1 mL
Paprika, ground	1 Tbsp	15 mL

Directions:

- Gently place the eggs into a large saucepan. Fill the saucepan, so that the eggs are covered with at least inch of water. Add 1 tsp of vinegar and a pinch of salt to the water. Bring the water to a boil over medium-high heat. After 2 minutes, cover and remove from heat. Let sit covered for 12-15 minutes. Drain hot water from pan and run cold water over the eggs until the eggs are cool.
- Remove the shell from each egg and cut in half lengthwise. Gently remove the yolk halves and place in a small mixing bowl. Put the egg whites into a Tupperware and store in the fridge.
- Using a fork, mash up the yolk and mix in the Dijon mustard, mayonnaise, onion, celery, tobacco and pepper. Scoop the egg yolk mixture into a plastic bag. Cut one tip of the bag off and pipe the mixture into the egg whites.
- Sprinkle the eggs with paprika. Chill before serving.

Nutrition Facts

Serving Size (61g)		Servings Per Container	
Amount Per Serving			
Calories 90	Calories from Fat 60		
% Daily Value*			
Total Fat 7g			11%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 215mg			72%
Sodium 125mg			5%
Total Carbohydrate 1g			0%
Dietary Fiber 0g			0%
Sugars 1g			
Protein 6g			
Vitamin A 6%		Vitamin C 0%	
Calcium 2%		Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Makes 12 servings (61 g / serving) • 1 serving = 1 deviled egg (½ of a whole egg)

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