

# Deviled Eggs

Meat Alternate

Main Dishes

D-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole large eggs		25 each		50 each	1. 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.
Lowfat mayonnaise	7 oz	3/4 cup 2 Tbsp	14 oz	1 3/4 cups	
Vinegar		1 tsp		2 tsp	2. Combine mayonnaise, vinegar, dry mustard, prepared mustard, sugar, and salt in a bowl. Allow to set for 5 minutes.
Dry mustard		1 tsp		2 tsp	
Prepared mustard		1 1/2 tsp		1 Tbsp	3. Peel eggs and cut in half. Remove yolks and place in a second bowl.
Sugar		2 Tbsp		1/4 cup	
Salt		1 tsp		2 tsp	4. Mash egg yolk. Combine with mayonnaise mixture.
					5. Place 1 Tbsp (1/2 oz) of yolk mixture in each egg white half.
					6. Cover. Refrigerate until ready to serve.

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

Nutrients Per Serving					
<b>Calories</b>	121	<b>Saturated Fat</b>	2.2 g	<b>Iron</b>	.6 mg
<b>Protein</b>	6 g	<b>Cholesterol</b>	212 mg	<b>Calcium</b>	26 mg
<b>Carbohydrate</b>	3 g	<b>Vitamin A</b>	84 RE/280 IU	<b>Sodium</b>	187 mg
<b>Total Fat</b>	9.1 g	<b>Vitamin C</b>	0 mg	<b>Dietary Fiber</b>	0 g

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