



DEVILED EGGS

	Ingredients	Exchanges
Protein	29.2 gm egg white, hard boiled	1.7 (+1.7 gm fat)
	----- 20.6 gm egg yolk	----- 2 (-3 gm fat)
Fat	28.7 gm mayonnaise	6 (-1.3 gm)
Carbohydrate	3.6 gm sweet relish	1.3
Other	salt, pepper, paprika, and dry mustard	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Fill a pot with cold water and heat over a medium flame.
- Carefully place the whole eggs, with shell, into the cold water. (This recipe used two eggs.)
- Bring the water to a boil, then turn off the heat, cover with a lid, and let sit for 18 minutes in the hot water.
- Carefully remove the hardboiled eggs from the pot and run under cold water to help separate the shell from the egg.
- Peel the egg shell off of the egg, then slice vertically into two halves.
- Separate the egg white from the egg yolk.
- In a small bowl, mix together the weighed egg yolk, mayonnaise, sweet relish, and seasonings.
- Scoop the mixture into the weighed egg white cavity.
- Sprinkle with paprika and serve chilled.

VARIATIONS

- This recipe can be tricky when calculating. Since deviled eggs use the egg white as the serving vessel, it can be difficult to weigh the egg white to the exact gram amount without cutting it.
- One method is to weigh the egg white first and then calculate how much egg yolk is needed.