

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"> 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. Peel eggs and cut in half. Remove yolks and place in a separate bowl. Mash egg yolks, adding salad dressing or mayonnaise, vinegar, both mustards, sugar and salt. Place ½ oz (1 Tbsp) of yolk mixture in each egg white half. Cover. Hold at 40° F or colder. <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.	25 Servings: 3 lb 2 oz	25 Servings: 50 half eggs
	50 Servings: 6 lb 4 oz	50 Servings: 100 half eggs
	Edited 2014	

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Nutrients Per Serving

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